

# Bridport & West Bay


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Wednesday, August 21 2013

## Man dead and two injured after A35 crash

ONE man has died and a further two injured in a collision involving three vans near Bridport.

The accident happened at around 6pm on Monday (August 19th) on the A35 near Woodlands Farm – also known as The Traveller's Rest – two-and-a-half miles east of Bridport.

Dorset Police reported that one of the drivers – a 49-

**by Chris Denne**
[chris@pemedial.co.uk](mailto:chris@pemedial.co.uk)

year-old man from the Cleveland area – died at the scene.

He was driving a white Iveco van signed with the business 'Express Blinds'.

A second driver – a 32-year-old from Bournemouth at the wheel of a white Ford Transit decorated with 'Drain Doctor' – was airlifted to Southampton General Hospital by the Air Ambulance.

His injuries were described as serious, but not life-threatening.

The driver of a silver Volkswagen Transporter was also hurt in the incident. He was taken by ambulance to Dorset County Hospital with minor injuries.

The incident was tackled by three fire crews – one each from Bridport, Dorchester and Charmouth – the last

of which stood in for a Bridport crew already fighting a barn fire in the Weymouth area.

The crews used hydraulic equipment to free the driver of the Ford Transit before handing him over to the air ambulance.

The incident caused widespread mayhem in the area with the A35 closed at the scene in both directions for hours.

Traffic was disrupted from Bridport to Dorchester's Monkey's Jump roundabout as traffic was forced to use the coast road between the two towns while police carried out investigations and carried out road cleaning.

The work continued through the night with the road finally reopening at around 5:30am Tuesday morning.

For traffic heading towards Bridport, the location near Woodlands Farm is shortly after a dual carriageway ends and at the bottom of a hill.

Dorset Police described the incident as "tragic".

A spokesperson said: "Witnesses to the collision or the manner of the driving of any of the vehicles prior to the collision should contact PC Rhys Griffiths of Traffic Police at Weymouth on 101."

Witnesses can also contact Crimestoppers on 0800 555111.



### Champion gardener

Julie Turner has been named Magna's Gardener of the Year for 2013. See page 10 for more

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## Return of thanks

### CHRIS WYON-BROWN

Anni, John, Paula, Matthew and Bronwyn would like to thank everyone for the kind messages of support.

Chris will be remembered by so many and always in our hearts.

**PETER Saunders, 63, is the manager of Weymouth's multi-storey car park.**

He was born in Warwick and was educated at Oxford Grammar School. He moved to Weymouth in 1992, is divorced and has one son, one daughter and two grand-daughters.

Peter's hobbies include horse riding, walking, extensive reading of "anything and everything" and he has a keen interest in local history, particularly the town's Nothe Fort.

#### ● WHY do you live in Weymouth?

I used to live in London, working with refugees for the Home Office, but I had a caravan in Weymouth which I used to come down and visit regularly.

When I wanted to leave London, Weymouth was the obvious place to come to as I'd already been there a lot.

#### ● WHERE do you go for your holidays?

The Lake District and Hereford. They are God's own acres with mountains, water, fantastic horse riding and the best scenery in the country. I also travel regularly to Italy.

#### ● WHAT is your favourite time of the year?

I like autumn. I love the colours, the change and the crispness of the air.

#### ● WHAT is your favourite film?

Goodnight Mr Tom with John Thaw. I think he is a fantastic actor and I love him in this film.

#### ● WHAT is the scariest thing that has ever happened to you?

Having a shotgun poked up my nose by a mentally ill man. I have to admit that for ten seconds I was pretty scared, but I managed to talk him out of it.



#### ● IF you could live your life again what would you be?

I wish I had been a teacher so I could inspire the next generation of minds.

#### ● WHICH three people would you invite to your dream dinner party?

I would go for Joanna Lumley because she was the stuff of my dreams when I was young, George Carey the former Archbishop of Canterbury because he has such an interesting personality and Prince William just to find out what makes him tick.

#### ● WHAT would you do if you won the Lottery?

I would buy a hill farm in the Lake District. It is something I have often thought about. I could help conserve the countryside and I love the outdoors.

#### ● WHAT do you hope the future holds?

I would like to have a fit and well travelled retirement. Your health is always taken for granted, but

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## ... your local newspaper team



**PHILIP EVANS**  
Managing Director  
01297 446155  
philip@pemedi.co.uk



**JACKIE EVANS**  
Production Manager  
01297 446141  
jackie@pemedi.co.uk



**STUART BROOM**  
General Manager  
07966 140429  
stuart@pemedi.co.uk



**JAMES COLES**  
New Media Manager  
01297 446155  
james.coles@pemedi.co.uk



**ALISON KING**  
Office Manager  
01297 446057  
reception@pemedi.co.uk



**HARRY WALTON**  
Chief Reporter (Weymouth)  
01305 787843  
hswalton@yahoo.co.uk



**FRANCESCA EVANS**  
Reporter  
01297 446154  
francesca@pemedi.co.uk



**CHRIS DENNE**  
Reporter  
07989 684829  
chris.denne@pemedi.co.uk



**TREVOR BEVINS**  
Dorchester Reporter  
0776355778/01305 268457  
trevorbevins@gmail.com



**HOWARD LARCOMBE**  
Sports Editor  
01297 446152  
howard@pemedi.co.uk



**LISA BRIGHT**  
Sub-Editor  
01297 446144  
lisa@pemedi.co.uk



**NATALIE EDMEADES**  
Advertising Sales Manager  
01297 446145  
natalie@pemedi.co.uk



**ROB COOMBE**  
Sales Executive  
01297 446146  
rob.combe@pemedi.co.uk



**LAUREN TAYLOR**  
Sales Executive  
01297 446156  
lauren@pemedi.co.uk



**ROB LARCOMBE**  
Entertainment Editor  
01297 446140  
rob@pemedi.co.uk



**MARIE CHURCHILL**  
Property View Designer  
01297 446143  
marie@pemedi.co.uk



**MARK TAYLOR**  
Designer  
01297 446141  
mark@pemedi.co.uk



**HAYLEY SAUNDERS**  
Designer  
01297 446141  
hayleysaunders@pemedi.co.uk



**ANITA ROUTLEY**  
Accounts Manager  
01297 446149  
accounts@pemedi.co.uk



**ANDREA BUDDEN**  
Credit Controller  
01297 446148  
andrea.budden@pemedi.co.uk



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St Michael's Business Centre, Church Street, Lyme Regis, Dorset DT7 3DB  
Telephone 01297 446057 | Fax 01297 444981  
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# Magna concern over 'bedroom tax'

DORSET'S main provider of affordable housing is warning that changes to benefits brought in this year have left many residents struggling to keep up with rent payments.

Magna Housing's Income Manager, Colette McKenny, revealed the scale of a problem which has left many residents falling behind on their

rent.

Mrs McKenny highlighted two benefits reforms pushed through by the coalition government which have hit some people with a double whammy of having to pay an under-occupancy penalty and facing reduced help with council tax bills.

Often referred to as the 'bedroom tax' the under-

occupancy penalty penalises residents in social housing with unoccupied rooms in their houses, forcing them to cough up and extra £20 a week or move to smaller premises.

Mrs McKenny said: "With the under-occupancy penalty there is an element of people who can move or swap but there are some who do not want to for a variety of reasons.

"Moving might mean leaving behind a support network – parents, family or friends who help with childcare, advice and other day-to-day matters.

"Or moving just down the road could mean being in a new catchment

area for their school, meaning they have to pay for transport or change schools, which is disruptive for the children."

The penalty coincides with reforms to council tax relief brought in on April 1st which saw people on benefits paying some of their council tax bill themselves – often for the first time.

Mrs McKenny claims some residents are having to find an extra £20 plus a week on a budget that has changed little from the previous year.

She said: "We are finding roughly a third of residents appear to be managing with the increase – but you have to ask how are they managing? How has it affected their private lives? How are they affording food?"

"Then there is a third who were struggling before the changes – their situation has become worse.

"The final third are those who were not struggling before but who are now."

Mrs McKenny believes that more than 400 resi-

dents across the county are affected.

In order to keep rent coming in – and to prevent residents from sinking further into financial trouble – Mrs McKenny already has two Money Matters staff going door to door to help residents cope with the changes.

Helping them in their task has been volunteer and knowledge from a wealth of experience managing rent and budgets.

Mrs McKenny said: "Lyn is a big help and works very well as an advisor. She has been involved a long time and understands the need to pay rent.

"She understands from the coalface the issues people are dealing with."

Mrs McKenny continued: "If tenants are struggling, if they talk to us we can provide support. But if they don't talk to us we can't help.

"I would encourage people struggling to pay rent to talk to us so we can point them in the

right direction."

Mrs McKenny also recognised there was more at stake than the

plight of individuals.

She said: "If fewer people can pay rent we have less income which means

it could possibly affect services in five or so years time."

## Lot of love for parade

ONE of Dorchester's more colourful events takes to the streets this Sunday, August 25th – the annual Love Parade.

The event will be the fifth that the town has seen and each year seems to attract more participants – and not just from the lesbian, gay, bisexual and transgender community.

"When we started it we didn't want it to be gay pride – but an event which celebrates diversity which is open to anyone to come and enjoy," said organiser Chris Kendrick of Café Jagos.

"To begin with it was a bit of a bumpy road and there were people who were totally against what we are doing, but Dorchester seems to have embraced and welcomed the event now. It has gone from strength to strength."

The parade will start from the Town Pump in South Street at 12:30pm and will make its way down South Street to

Maumbury Rings where the celebrations will continue with the help of the Anonymous Travelling Market, circus skills, a drumming circle, a bouncy castle, face painting, the Action Bus, a bar and a variety of stalls until 9pm.

Chris says that the event is now so well known that people come from far afield to join in: "Last year we had people from Bournemouth, Yeovil, Southampton, Salisbury and Bristol. It's becoming quite an event."

Attractions at Maumbury Rings later in the day include a dance area with the UK's number one 'Pink' tribute act, drag queens, music from Vanilla Radio, The Dinner Ladies, Hustle, Howling at the Moon, Neil Ross, DJ Matty H and Jilly Ann until 9pm.

The celebrations will then continue, for those who have the energy, into the early hours at Café Jagos.



■ MAGNA resident Lyn Coombe, is offering advice on managing budgets

## New £54,000 sports facility to be built next to St Mary's field

A £54,000 sports facility is to be built next to St Mary's Field in Bridport.

Bridport Town Council (BTC) confirmed the new multi-use games area is coming to the town after the project was awarded a huge cash boost from Sport England.

The new facility will be built on land adjacent to Bridport Football Club at St Mary's Field on what was the old training area, and is reported to include an all-weather artificial playing surface.

BTC is one of 38 local organisations across the country to share in a £1.6million handout from Sport England with £27,500 awarded for the development.

The investment comes from Sport England's Inspired Facilities Olympic and Paralympic legacy fund.

The multi-use games area project in Bridport has been developed by BTC with the support of a number of partners including the Bridport Football Partnership, Bridport Football Club, St Mary's School and children's centre, local clubs, West Dorset District Council and the Bridport Area Youth Council.

The facility will be available for use

by local clubs, schools and the public.

The total costs of the project will be over £54,000 and the grant awarded by Sport England is for £27,500 with other funding earmarked for the project from the town council, Section 106 funding held by West Dorset District Council and from funds raised by clubs.

Councillor Sarah Williams, Leader of the BTC said: "This is great news and I am very pleased that Sport England have agreed to provide this support, which will now enable this project to proceed.

"This has been a long standing aspiration of the town council and one of the priority projects in our town plan.

"The provision of a multi-use games area in the town centre is something that young people have raised with the town council on many occasions, including through the youth council, and we look forward to providing this exciting new facility."

BTC Surveyor Daryl Chambers added: "This is part of a package we have put together with WDDC and other partners and we are really pleased to have the opportunity to revamp this area."



■ LAST year's Dorchester Love Parade

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# ViewFamily Announcements

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With love from all the family

**30** **HAPPY 30TH BIRTHDAY KIRSTY FRAMPTON**  
ON 22ND AUGUST  
LOVE DONNA, KELV & SAFFRON X X X

**3** **To the best little sister ever**  
**HAPPY 3RD BIRTHDAY CHAR CHAR**  
Lots & lots of love Lily x x x

*Wishing Becci Banfield & Rob Parriss all the very best for their wedding on 25th August*  
*Lots of love Mum & Roger xxx*

**10** **TO THE BEAUTIFUL KATIE KINS**  
**HAPPY 10TH BIRTHDAY!**  
With lots and lots of love from Cool Aunt Rachel x x x

**3** **HAPPY 3RD BIRTHDAY CHAR CHAR!**  
Lots of love Mum & Daddy x x x

**50** **TO MY HUSBAND HUGH RATHBONE**  
**HAPPY 50TH BIRTHDAY**  
ON 22ND AUGUST  
All my love, Sharon x x x

**TO CAROLINE**  
**HAPPY 23RD BIRTHDAY**  
CONGRATULATIONS ON YOUR FIRST CLASS DEGREE  
Wishing you a happy year ahead, love Mum & Dad

**6** **HAPPY 6TH BIRTHDAY AMY**  
ON 27TH AUGUST  
Lots of love Mummy, Daddy & William x x x

**50** **HAPPY 50TH BIRTHDAY SON-IN-LAW HUGH RATHBONE**  
ON THE 22ND AUGUST  
LOVE FROM THE GILES FAMILY

**30** **HAPPY 30TH BIRTHDAY Kirsty Frampton**

**10** **HAPPY 10TH BIRTHDAY KATIE DUBRA**  
LOVE & KISSES GRANDMA & GRANPA X X X

**10** **KATIE DUBRA**  
HAVE A SUPER 10TH BIRTHDAY  
ON 26TH AUGUST  
LOVE FROM GRANNY & GRANDAD

**3** **CHARLOTTE**  
HAVE A WONDERFUL 3RD BIRTHDAY  
With all our love, Nana & Pop

*Charmaine Prowse*  
Congratulations on becoming a fully qualified hairdresser  
Lots of love forever Granny & Grandad

**HAPPY 50TH BIRTHDAY DAD**  
CHEERS! HOPE YOU HAVE A GOOD ONE!  
Loads of love from Rich, Steven & Vicki x x x

**13** **HAPPY 13TH BIRTHDAY RYAN KING**  
LOVE MUM, JENNA & MAX

**10** **KATIE DUBRA**  
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Love from Auntie Naomi & Uncle Adam

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# Gardens to open for last time

A BEAMINSTER resident is hoping to raise more money than ever this weekend when he opens his garden to the public.

Because after more than half a century of open gardens, Douglas Gibbs says this year will be the last time he throws open the garden gates for charity.

The 85-year-old retired decorator has spent a lifetime designing and nurturing the colourful, varied gardens around his home in Chantry Lane.

Now, for the last time, he is inviting the public to see for themselves the results of his labours, with all

money raised going to the RNLI.

The tour includes seeing a Wollemi Pine – a species of tree which until 1996 was only known through fossil records, the oldest of which is 200 million years old, and which is classified as critically endangered.

Mr Gibbs has also created a water feature, a sub-tropical area, an Australian zone, an orchid house, and a rainforest area.

Included throughout the tour will be artwork Mr Gibbs has painted himself over a period spanning more than 70 years.

Mr Gibbs said: "This is the 51st

year I have opened my garden to the public for charity, and it will be the last.

"It's a lot of work to keep the garden. This year I'm raising money for the RNLI which is a very good cause.

"I would like to thank Beaminster School for all their help and for the use of their car park during the open days."

Mr Gibbs' garden will be open over the Bank Holiday weekend on Sunday 25th and Monday, August 26th from 11am to 4pm at 29 Chantry Lane, Newtown, Beaminster. Entry is £2.50.

■ Douglas Gibbs in his garden, which will be open to the public over the Bank Holiday weekend



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# ViewLetters

## Thanks for making West Bay Day a success

■ MAY we through your pages thank all the organisations and individuals who worked so hard to make West Bay Day 2013 a success.

Despite the typically British weather a lot of people had a lot of fun and we raised about £1,000 for the RNLI and returned another £600 into the community through the groups who had stalls and collected for their own activities.

Ricky Groves opened the event and

gave his time freely all day long – we still have some signed autograph cards available.

This event is growing annually in status and popularity, and this is mainly due to the great bands we had throughout the day: Smith & Moore, The Rail Hogs jamming by the sea, The Vinyl Monkeys, Mama Feel Good and Goliath (sponsored by Townsend Engineering, Catch Of The Day and CN Richards Landscaping).

Many people have commented on the wonderful community spirit generated around the bay, which I am sure can only be of benefit to the entire area.

We had arranged overflow parking and WDDC provided marshalls in the main car park so that we had no traffic problems.

Our surprise Spectacular was the lighting of the East Cliff from the beach, sponsored by Townsends and the Chesil Lighting Team, and pictures of this stun-

ning moment are available from Luke Woods on Bridport market. We are planning an even more spectacular 'Spectacular' for next year.

Lastly may we thank all the people who came down to the bay despite the weather and entered into the spirit of the occasion with enthusiasm, even dancing in the rain.

GILLIAN SUMMERS &  
JAMES RADCLIFFE

Twitter - Follow us  
@view\_online

## Kitty Aldridge novel is choice for Open Book Week 2013

BRIDPORT Arts Centre is inviting book lovers to take part in the Bridport Open Book Week's 2013 Big Read.

The initiative aims to get as many people as possible reading and talking about the same book, whether in book group discussions or over a pint in the pub.

The choice this year is *A Trick I Learned From Dead Men* by Kitty Aldridge, first prize winner of the Bridport Prize in 2011, and long-listed for the Women's Prize for Fiction 2013.

A BAC spokesperson described the novel as "sometimes sad, often hilarious and ultimately tragic and deeply moving.

"*A Trick I Learned From Dead Men* is a pitch-perfect small masterpiece from a writer described by Richard Ford as having 'a moral grasp upon life that is grave, knowing, melancholy, often extremely funny and ultimately optimistic'."

Leading a discussion on the book, local writer Katherine Locke will be ap-

pearing in BAC's café on Wednesday, October 16th as part of the Open Book Week.

The free event is open to all and starts at 6pm.

Books are available to borrow from Bridport Library or to buy from The Bookshop, South Street and Waterstones.

Pick up the latest programme from the arts centre for full details of all the events during Bridport Open Book Week.



■ Novelist Kitty Aldridge

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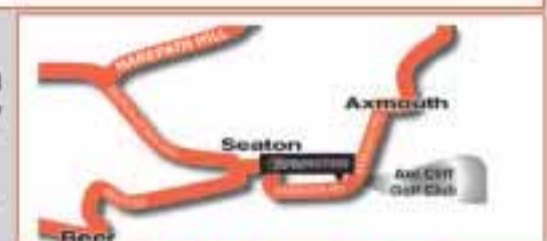
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# Record numbers at Buckham Fair



■ Jonathon Noyce from Andover, on holiday in Bridport, enjoying one of the attractions

THE traffic flowed in (and out, without a hitch) and so did the cash.

The Clunes' annual Buckham Fair cemented its place as one of the most lucrative charity events in the calendar with a bustling, colourful day at Higher Meerhay Farm.

Centered around a dog and pony show, the event has grown to include police dog displays, heavy horse displays, vintage cars and scooters.

Fairground rides, stalls, and trade stands from a host of local craftspeople and suppliers ensured there

was something for everyone at the show.

One or two heavy showers had those who could ducking for cover, but bright sunshine thereafter soon dried off anyone who got caught out.

Central to Buckham Fair of course is the money being raised, with causes supported in previous years including Julia's House and the Dorset and Somerset Air Ambulance.

On this occasion, welcoming funds for the second year running, was Dorchester's Weldmar Hospice-care Trust.

The charity provides specialist palliative care services for people with cancer and similar life threatening diseases, free of charge.

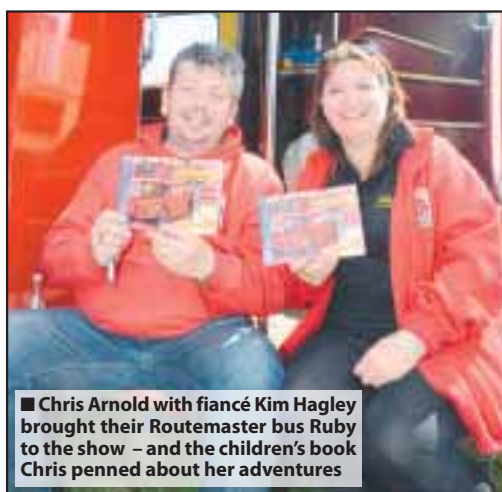
It relies on fundraising and donations for 75 per cent of its budget, the rest coming from the NHS.

Phyl Barnett – joint chairperson for Weldmar's Weymouth fundraising – was busy providing information at the event.

She said: "This event means everything to us. The money it brings in, the awareness it raises, it is so important."



■ Anna-Lee and Chloe showing off rosettes won by their dog Sparky



■ Chris Arnold with fiancé Kim Hagley brought their Routemaster bus Ruby to the show – and the children's book Chris penned about her adventures



■ Diane Wiltshire with Ajhani, an Afghan Hound

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■ **CLOCKWISE FROM TOP:** Nicola Mogford and Frazer Turner on the merry-go-round; George the Pug, star of TV adverts, entertains the crowd (photo by Joni Denne-Loader); Martin Little, award winning leather craftsman from Marnhull, North Dorset; a member of the Dorset Troopers at the fair; sheltering from the rain-shower as best they can



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Email: [admin@colytongrammar.devon.sch.uk](mailto:admin@colytongrammar.devon.sch.uk)



# Bridport serves up classic carnival

THE people of Bridport love a carnival and when they are as good as the one served up this week, who can blame them?

After an afternoon of rain the skies brightened to reveal thousands lining the streets ready to take in the sights and sounds of the annual event with more than 40 groups taking part.

Kicked off in traditional fashion with the ever popular Wessex Marching Band, the carnival soon took a fantastical turn with colourful flaming birds of the Cousins Carnival Club and a giant Mick Jagger, before town Mayor Maggie Ray buzzed through in a vintage open top car, waving in the manner her office demands.

Four majorettes displays peppered the evening with colour while Scooby Doo and the gang,

the Thunderbirds of International Rescue and a John Pertwee-era Doctor Who brought television icons to the streets of Bridport.

Also catching the eye came a giant slinky dog, a huge spider courtesy of Beaminster Youth Centre, and the fun and energy of the Bridport Pantomime Players dressed in character for their forthcoming show *Sleeping Beauty*.

Stealing the show as far as this reporter goes was the Bridport Round Table. The creativity, work and sheer chutzpah displayed in producing their 'Wings of Fire' effort was jaw-dropping.

While handsome pilots buzzed around in wheelbarrow fighters – some trailing smoke after taking hits from an unseen enemy – a somewhat butch dame was draped across the transport bringing up the

rear. And twirling over her head? A replica Lancaster Bomber, spinning this way and that while spewing orange smoke.

All the while inflatable bouncing bombs pinged this way and that to the delight of the cheering crowds.

An unforgettable display, and one that will be hard to top for years to come.



■ Grinter family and friends came dressed as members of International Rescue



■ Mayor Maggie Ray with consort Martin Ray

## B4B - THE BUSINESS GROUP FOCUSED ON GENERATING BUSINESS FOR ITS MEMBERS!

B4B is a group of businesses from Bridport, Beaminster, Lyme Regis and the immediate surrounding areas that meet fortnightly over breakfast to share ideas, offer support and refer new business leads within and through the group.

The group is totally independent, run by members for members and is solely concerned with helping members develop and grow.

The cost to join is just £30 which covers the costs of having two meetings a month with a full English breakfast, pro-

motion on the website [www.bizness4bizness.com](http://www.bizness4bizness.com) and also regular member advertisements.

To ensure that there is no competition for leads generated by the group only one member from each trade or profession can join.

Now with a membership of 20+, the members have successfully, over the last 12 months, generated over £175K's worth of business for its members.

Meetings are held fortnightly at the Anchor Inn, Burton Bradstock from 7:15-

8:30am. The next meeting takes place on Wednesday, September 4th 2013.

To find out more visit [www.bizness4bizness.com](http://www.bizness4bizness.com) or contact Mike Harper on 07800 840186 or email [sales@btgp.co.uk](mailto:sales@btgp.co.uk)



■ Bridport Round Table's 'Wings of Fire' entry



■ Cousins Carnival Club member in costume

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The local business club that works together to generate new business for its members

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If you are looking for more business do come along. To book a place or for more information please phone John Moseley on 01308 424239 or email [johnmoseleyarchitects@hotmail.com](mailto:johnmoseleyarchitects@hotmail.com)



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■ Lyme Regis Majorettes entertain the crowd



■ Wessex Marching Band



■ Beaminster Youth Centre's Giant Spider



■ Bridport Round Table's 'Wings of Fire' entry

## Youngsters off to Dorchester festival

BRIDPORT youngsters are to headline Dorset's biggest youth festival, taking place this Saturday in Dorchester.

Organisers of Anonymous 2013 – which showcases exclusively youngsters' talents – are boasting their biggest line up ever.

Held on Saturday, August 24th between noon and 8pm, the festival is free and open for all.

Headlining the event are Bridport's own trio The RPMs – described as power rock with a hint of reggae and ska.

Also among the acts this year is Bridport's own Fenne Rainbow. Currently recording her debut EP, the singer-songwriter from Shipton

Gorge is influenced by Laura Marling and Nick Drake.

The event is held in Maumbury Rings in Dorchester.

Emma Scott, who coordinates the festival said: "Anonymous is a special event as it showcases younger musicians who you might not ordinarily get to hear.

"The talent that these performers have is extraordinary and they are likely to go far in the music business - so this is a good chance to catch them before they get famous and be able to say you saw them at the start of their careers."

Demi Watts, member of the youth forum, said "Anonymous is a great chance for local bands and

musicians to show off their talents.

"It has been, and will continue to be, an excellent day for the whole family to enjoy."

The day is about more than great music with a host of activities such as free running with 'Train Hard Parkour' and slack lining with the 'Maverick Slacklines' team.

There will be a bouncy castle and inflatable bungee run as well as a chance to take part in graffiti art and craft workshops.

To find out more visit the Dorchester Youth Extra Facebook page or contact Emma Scott on 01305 252204 or email [e.scott@west-dorset-weymouth.gov.uk](mailto:e.scott@west-dorset-weymouth.gov.uk)

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## Get planting at the Borough Gardens

A GREENFINGERED community group is calling for help as they strive to revamp one of Bridport's secret assets – Borough Gardens.

Tucked away behind The Tanyard in the heart of the town, the walled garden lay for years neglected, overgrown and all but forgotten.

But through the efforts of the Bridport Borough Gardens Community Group, the garden is on its way to being a treasure of the town once more.

Now the group needs help to take the next step in the garden's transformation.

Chairman Sarah Wilberforce said: "Thanks to everyone who came along to the Great Planting Day at the Borough Gardens.

"We need your help again – this week – on the afternoon of Friday, August 23rd from 4pm when we will be planting late annuals to provide autumn colour.

"Bring your forks and trowels and gardening gloves. Come and help us breathe new life into this 'secret garden' just off the centre of town."

For those who haven't yet discovered it, the directions are as follows: from the Town Hall, walk down South Street on the right hand pavement, turn right after Peach's Electrical Store into the Tanyard and halfway down you will see the gates to the gardens. Or approach from Gundry Lane, just by the Coach House.

Anyone wanting to be added to the list of 'Friends of the Borough Gardens Group' to help with future events, contact Maggie Ray at magieray@aol.com or at the town council offices at Mountfield.

## Quaker fundraiser

A FUNDRAISING event in support of charity is to take place this Saturday (August 24th) at the Quaker Meeting House in Bridport.

The historic venue on South Street will see cakes and coffee sold from 10am to 2pm to raise money for 'Tools for Self-Reliance'.

The charity repairs tools and other items before sending them to rural communities in Africa to help people to earn a living. See [www.tfsr.org](http://www.tfsr.org) for more information.

## Magna announces gardening competition winners

GARDENERS from Bridport, Beaminster and Melplash are celebrating after being crowned gardening champions for 2013.

Twenty-six Magna tenants and leaseholders across Dorset and Somerset entered gardens or flower displays in the competition organised by the affordable housing providers.

Judged over two days across six classes, the entries were described as being of a very high standard making judging extremely difficult.

Organiser Jane Fisher said: "Once again we have had an exceptional number of high quality entries and the judges have had real deliberation in choosing the winners.

"It's been a pleasure to visit these gar-

dens and hear about the hard work and pride that have gone into presenting their entries."

She added: "The categories of pots & patios and communal garden just go to prove that you do not need a big space to make an impact upon your surroundings."

Julie Turner from Melplash was chosen as gardener of the year, impressing the judges with her creativity and outstanding floral display.

Winner of the prestigious John Foot Cup was awarded to Beverly Joy of Bridport.

Residents of Webbers Piece Sheltered Scheme in Maiden Newton picked up the prize for the best communal garden.

All entrants were invited to a Cream tea presentation afternoon at competition

sponsors SCATS Country Stores of Dorchester.

First, second and third prize winners received gardening vouchers with all entrants receiving a SCATS goody bag.

### RESULTS

**Small Garden:** 1st, Beverly Joy – Alexandra Road, Bridport and winner of the John Foot Cup; 2nd, Mr & Mrs Johnson – Fox Meadows, Crewkerne; 3rd, Bill Rose – Edlison Avenue, Dorchester.

**Large Garden:** 1st, Mr & Mrs Stantford – Hogshill Mead, Beaminster; 2nd, Louise Tate – Nutcombe Terrace, Charmouth; 3rd, Mr & Mrs Cieciora – Gerrards Green, Beaminster.

**Pots & Patios:** 1st, Mr & Mrs Everson –

Hill View, Charminster; 2nd, Paula Gould – Crossways; 3rd, Mrs Horwood – Crossways.

**Communal Garden 2013 winners:** Mrs Joan Dean and residents of Webbers Piece, Maiden Newton.

**Gardener of the Year 2013:** Julie Turner – Twinways, Melplash.



## Art exhibition in the chapel

A NEW exhibition at Bridport's Chapel in the Garden is a distinctly family affair – with three of the five artists related.

Part of Bridport's Open Studios initiative, the chapel on East Street is to exhibit art from David Smith, his son Thomas and daughter Hannah. Also exhibiting are Hazel Grimsey and Marian Young.

David Smith graduated in sculpture and printmaking in Kingston-upon-Thames before developing an interest in collage which has seen him involved in a project to create a collage a day for a year with fellow artists from around the world.

Hannah Smith is a freelance costume currently working on a new Dracula movie. Her work is wide ranging and

includes corsetry, giant snakes and ladders, paper forests, jewellery, lino cuts and appliqué banners.

Painter Thomas Smith has exhibited across the country. His contemporary collages, oil paintings and illustrations feature recurrent themes and the use of mixed media and 'pop art' inspired imagery.

Hazel Grimsey will be exhibiting her colourful paintings with a South American link, while abstract painter Marian Young has work in private collections in the UK and internationally.

Five Artists at the Chapel in the Garden is venue 14 of the Bridport Open Studios and will be open this coming Bank Holiday weekend August 24th-26th, from 10am to 6pm.

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# Fun day crowds enjoy the event despite

CROWDS at West Bay ensured the annual RNLI fun day was hailed a success – in spite of a surprise which disrupted the planned display.

Weymouth all weather RNLI lifeboat had just arrived in West Bay Harbour on Sunday (August 18th) ready for a search and rescue demonstration as part of fun day, when the local coastguard reported that a diver had just come into the harbour with a case of suspected bends.

The lifeboat crew cancelled the planned entertainment and in-

stead treated the diver while heading with him towards Portland.

The diver was transferred to helicopter en route and flown to hospital for decompression treatment.

Back in West Bay the crowds were not to be disappointed however, as Lyme Regis inshore RNLI lifeboat crew stepped in to give a shorter demonstration of their skills and training.

Meanwhile on the Green in West Bay, attractions brought in the cash for the RNLI from holiday-

makers and locals alike.

Hoopla, a barrel horse, tombola, book sale and a popular duck race were just a few of the ways to have fun.

RNLI Souvenir Secretary Martin Newbury said the day had gone well.

He said: "It's been lovely and we've had a good turn out."

"We rely on donations to keep going so are grateful to the good people of Bridport, West Bay as well as all the holiday makers for their support."

■ CLOCKWISE FROM TOP: Isaak from Corscombe tries out the hoopla; Eryn Pudney has as go at the barrel horse; Jamie Cook enjoyed the day



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by Chris Denne



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HELPING OUT | Chloe and Phoebe Edén raising money for the RNLI



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From the exquisite  
to the bizarre



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# SUNDAY

## 25th AUG

### 12 - 6pm



# Showtime in Salway Ash

SINGING, dancing and laughter filled Salway Ash Village Hall as locals and visitors were entertained by two evenings of acts old and new.

Two sell-out nights ensured a lively atmosphere for the feast of performances courtesy of the Bridport Pantomime Players.

The group laid on the shows to raise money for their next production – panto classic 'Sleeping Beauty'.

Scottish dancing, Max Bygraves sing-a-longs, jokes, ballet and tap – the showcase had it all, giving the proceedings the air of a cabaret in full swing.

In between the many set changes, a willing compere had the audience giggling with jokes and shaggy dog stories – some dustier than others, but all appreciated.

The happy crowd welcomed each act in what is a mini-taster for the forthcoming panto with many faces familiar from Bridport Pantomime Players' last production, 'Aladdin'.

Many of the performers will be on stage again in February when they bring 'Sleeping Beauty' to the Electric Palace.

You can follow the fun by visiting the panto players on Facebook.com/bridportpantomimeplayers



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\* Main picture of Hayley Patternore, the new generation of AllGlass and Glazing. Inset is an early company ad featuring her late father Jack Plesser in 1989.

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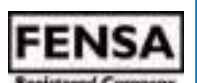
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# From Elton John to real tennis

## SOMETHING FOR EVERYONE AT THE FIRST EVER WALDITCH TALENT SHOW

■ Dave Rickard performing songs originally recorded by Elton John



■ A HOST of attractions were on display at the inaugural Walditch Talent Show. Guest of honour Councillor Dave Rickard kicked off the event with a performance of Elton John songs.

A feast of magic, song, poetry and drama followed, with the youngest performers three-year-old singers Rose and Oliver Kay.

Villagers Mark Matthias and Levi Gale, the UK's under 18 real tennis champion, played a top quality exhibition match with commentary by court professional Ben Ronaldson.

Jalopy Pizza sold its famous pizzas, baked to order in a wood fired oven set up in their vintage van, and the Walditch WI served tea and homebaked cakes.

Having covered their costs the organisers were able to donate £50 to the village hall.



■ Jack Chamen & Freya Lovett and (inset) real tennis star Levi Gale



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# FLOWER & DOG SHOW

## Whitchurch, Morcombelake and Ryall

BANK HOLIDAY MONDAY, AUGUST 26TH 2013



▲ Flower Show 2012 Childrens Winning Vegetable Animal.



▲ Richard Legg - 2012 Men Only Cake Competition Winner.

**A**ugust bank holiday can only mean one thing for the villages of Whitchurch, Morcombelake and Ryall, it is their 101st Flower and Dog Show. The event, which despite the bad weather last year drew over 600 people, starts at 2pm on the 26th August and is held in and around the Whitchurch Canonicorum village hall (DT6 6RF). Entry to the show costs £1.50, with children under 16 free.

As well as many classes including flowers, fruit, vegetables, handicrafts and home produce (including the hotly contested "men only" cake competition), there is the increasing popular Family Dog Show with 11 different classes ranging from cutest puppy to most handsome dog. There is also a gundog scurry with a trophy for the fastest dog of the day. All dog show classes cost £1 to enter and like the main event, start from 2pm. For dog show enquires please contact Katherine on 01297 489330.

The Flower Show also has many other things to do and see such as Wyld Morris dancers, the Durnovaria Silver band, skittles, children's races (which start at 3pm), raffles, games and stalls. Refreshments include a licenced bar, teas, cakes and ice creams.

Flower Show exhibits must be staged between 8:30am and 10:30am. Entry forms (which are available from Morcombelake Post Office and the Five Bells Inn Whitchurch) must be completed and handed in not later than 8pm on Thursday 22nd August at either location. Prizes for best in show will be presented at 4:30pm. The Flower and Dog Show finish at 5pm.

Leading up to the main event is the Flower Show



▲ Committee Members including Secretary Caroline House, Chairman Paul White and Hon. President Pete Ray, planting a tree to mark the 100th anniversary.

Skittles week, which runs from the 19th to the 26th August (26th being throw off night). It starts nightly at 8pm at the Five Bell Inn, Whitchurch Canonicorum.

A huge thank you from the Flower Show committee to all our sponsors, judges and helpers, without whom the show would not happen. In

the event of any surplus funds following the event, they will be donated to local charities. Last year we donated money to charities including Julia's House Hospice and the Dorset & Somerset Air Ambulance.

For general enquires about the show please contact Paul White on 01297 489083.

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**We're looking forward to the show**

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**Pleased to support Whitchurch Flower and Dog Show**

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**Tuesday, 20th August to Monday, 26th August**

(Throw off Night)

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### Price includes

- Return flights to Nice
- Five nights' bed and continental breakfast accommodation at the three-star Kyriad Cannes Centre Hotel (upgrade hotels are available for a supplement)

- Return airport to hotel transfers
- One suitcase allowance per person
- A full day excursion to St Raphael and St Tropez
- The services of a Tour Manager

**Fantastic optional Excursions;** Monaco (£36 per person), Nice and Antibes (£29 per person), Grasse (£25 per person), Sainte-Marguerite Island (£13 per person)

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Enjoy tours of "Last of the Summer Wine Country" and the beautiful Yorkshire Dales, plus a drive through Esholt the original home of Emmerdale on this wonderful break.

Departs 20 September 2013

3 days from **£135.00**

## Paddy Power Gold Cup Cheltenham

Drama and excitement at Cheltenham Racecourse with two days' racing on this great value two-day break.

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Our superb value London Theatre breaks give you the opportunity of seeing the top West End show of your choice plus the luxury of a night in a four-star hotel with leisure facilities!

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Mr W, Wrexham

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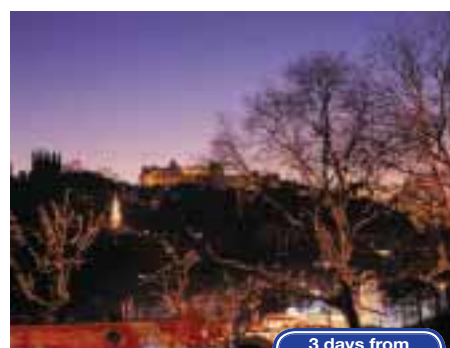
Departs October 2013

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Departs 4 December 2013

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### Price includes

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- One suitcase allowance per person
- The services of a Tour Manager

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# View 2

*The ultimate leisure guide for Dorset*

## **The Albion Band set to headline Lyme Folk Weekend**

*Folk legends are joined on the bill  
by Turin Brakes, Spiers & Boden  
and Carthy & Swarbrick  
See page 25*



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# TRANSMISSION

## YOUR GUIDE TO LOCAL LIVE MUSIC

### THE GIGS

#### Thursday 22<sup>nd</sup> August

Marine Theatre, LYME REGIS

**Barb Jungr**

Doors 7.45pm. Tickets £15/£13/£45 family.

#### Saturday 24<sup>th</sup> August

The Nags Head, LYME REGIS

**Real Deal**

9pm.

Crown Inn, BRIDPORT

**Skinful**

9.30pm

#### Sunday 25<sup>th</sup> August

The Nags Head, LYME REGIS

**Break The Chain**

4pm.

Crown Inn, BRIDPORT

**A Tribute To Elvis - Tim Bassett**

9pm

#### Friday 30<sup>th</sup> August -

#### Sunday 1<sup>st</sup> September

Marine Theatre, LYME REGIS

**Lyme Folk Weekend**

Visit [www.lymefolk.com](http://www.lymefolk.com) for more details.

#### Saturday 31<sup>st</sup> August

Electric Palace, BRIDPORT

**Club night: High Life**

9.30pm - late. £5 entry on the door.

Crown Inn, BRIDPORT

**The Cadence**

9.30pm

#### Sunday 1<sup>st</sup> September

Crown Inn, BRIDPORT

**Jamming at The Crown**

4-9pm

#### Friday 6<sup>th</sup> September

Electric Palace, BRIDPORT

**Suzy Almond &**

**Elizabeth Hornby**

Doors 7pm. Tickets £4+bf in advance, £6 on the door (half price for Electric Friends)

Bridport Arts Centre, BRIDPORT

**Hank Wangford and the Lost**

**Cowboys**

8pm. Tickets £16/£14/£10

Marine Theatre, LYME REGIS

**The Night with Robbie**

**McIntosh - part of Guitars**

**On The Beach celebrations**

Doors 7.30pm. Tickets £12.50

#### Saturday 7<sup>th</sup> September

Marine Theatre, LYME REGIS

**Guitars on the Beach After**

**Party**

Doors 7.45pm. Tickets £10

Electric Palace, BRIDPORT

**Peter Hook & The Light**

Doors 7.30pm. Tickets £21+bf.

Bridport Arts Centre, BRIDPORT

**RSVP Bhangra**

7.30pm. Tickets £15/£14

Crown Inn, BRIDPORT

**Midlife Crisis**

9.30pm

#### Sunday 8<sup>th</sup> September

Crown Inn, BRIDPORT

**Richard Kennedy**

4-6pm

#### Wednesday 11<sup>th</sup> Sept

Electric Palace, BRIDPORT

**Chantel McGregor**

Doors 7pm.

Tickets £13+bf adv, £15 on the door.

#### Friday 13<sup>th</sup> September

Bridport Arts Centre, BRIDPORT

**Concerts in the West: Aquinas**

**Piano Trio**

11am. Tickets £8 / £7 / £5

Bridport Arts Centre, BRIDPORT

**Jazz: Twomanting**

8pm. Tickets £10

#### Saturday 14<sup>th</sup> September

Crown Inn, BRIDPORT

**The Perfect Strangers**

9.30pm

#### Thursday 19<sup>th</sup> September

Electric Palace, BRIDPORT

**Ethan Johns, plus support**

**from Trevor Moss & Hannah**

**Lou**

Doors 7pm.

Tickets £11+bf adv.

#### Friday 20<sup>th</sup> September

Marine Theatre, LYME REGIS

**Jazz in the Bar: Annika**

**Skoogh and Philip Clouts**

Doors 7pm.

Tickets £6.50 adv, £7.50 on the door.

## JAZZ STAR JUNGR AT MARINETHEATRE

Barb Jungr brings her effortless style to Lyme Regis

LONG acknowledged as a unique interpreter of popular song and one of Britain's top singers, award winning performer Barb Jungr has brought her own writing and interpretation of great songs together in this fabulous new collection featuring some of her favourite song-writers.

This is Barb Jungr like you've never heard her before, in a deeply soulful, richly groove laden show which explores Jungr's trajectory from the roots of her European upbringing in the Northwest of England to her international cult status as one of the great song stylists.

'Stockport to Memphis', Jungr's new album, is jam-packed with her extensive repertoire of material familiar, unusual and original in a rollicking, emotionally contrasting and unforgettable show that will have audiences screaming for more.

The unique artistry of Barb Jungr has brought rave reviews internationally, and two New York Awards; her acclaimed recordings and her live performances have brought her to the world's stages.

Barb Jungr performs at the Marine Theatre, Lyme Regis this Thursday, August 22nd. Doors open 7.45pm with the performance from 8.30pm. Tickets cost £15 (full), £13 (concessions) and £45 (family 2+2). A TheatreFriends

discount is available. Tickets can be booked online at [www.marinetheatre.com](http://www.marinetheatre.com), or from Lyme Regis TIC (01297 442138).



BARB JUNGR

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The Guardian

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### THE CROWN INN

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## TWO CATS IN HATS

Local musicians come together for folk and classical collaboration

TWO local emerging female musicians join forces to create an evening of unique original music that spans folk and classical.

Elizabeth Hornby's evocative, cinematic solo piano music is inspired by a childhood spent growing up in West Dorset, and a love of its beauty, romance and sheer wildness. New album 'Butterfly Island' – a follow up to her first release, 2012's 'Lady of Lewesdon Hill' – further develops her ability to compose music that sings the landscape. Although nature inspired, this time the songs are more personal, minimalist and contemporary. 'Butterfly Island' forms the musical backdrop to the national tour of the 'A Graceful Death' arts exhibition, and is described by its curator Antonia Rolls as "uncomplicated, unsentimental and moving." Elizabeth's musical influences include Michael Nyman, Rachel Portman and Debussy. Live shows involve semi-improvised rolling, evolving sonatas, and confidently span the ambient and the classical. Hailing from the London and New York alt-folk

scenes, with the voice of a torch singer and a penchant for off-beat storytelling, **Suzy Almond** writes songs that haunt, yet somehow uplift. Appearances on 6 Music and at international festivals have honed an intimate live act, and two years as a Bridport local has given her music a new twist – with pared lyrics and a more spacious sound. Suzy is now working on her first album, supplementing her stripped down guitar-vocals with piano and strings. Influences include Richard Thompson, Thea Gilmore and Jesca Hoop.

Two Cats In Hats: Suzy Almond & Elizabeth Hornby perform at Bridport's Electric Palace on Friday, September 6th. Doors open 7pm, and performance starts at 8pm. Tickets cost £4+bf in advance, or £6 on the door (half price for Electric Friends), £2 under 18s.

For more details or to book visit the website [www.electricpalace.org.uk](http://www.electricpalace.org.uk) or call Bridport TIC on 01308 424901.



### The Nags Head

Silver St, Lyme Regis  
Tel 01297 442312

#### FORTHCOMING EVENTS

Wednesday 21st August

#### QUIZ NIGHT

IN AID OF CHRISTMAS LIGHTS

Saturday 24th August

#### REAL DEAL

Sunday 25th August - 4pm

#### BREAK THE CHAIN

Saturday 31st August

#### DESIGN

Saturday 7th September

#### CHRIS BANDERAS

Saturday 14th September

#### DELTA TANGO 7

[www.nagsheadlymeregis.co.uk](http://www.nagsheadlymeregis.co.uk)



## Interwoven Productions Present Antara

INTERWOVEN Productions are looking forward to coming to the Bridport Arts Centre on September 10th. Antara is a new production combining the extraordinary talents of Ajeesh K Balakrishnan, fresh from the Attakkalari Centre for Movement Arts in Bangalore and Exeter-based dancer Kay Crook with the words of south west writer JoJo Spinks in collaboration with urban poet Steve Duncan. In a truly inter-cultural collaboration Antara brings elements from across the globe here, to the south west, in a visually stunning performance. The team feel that Bridport is just the place to bring such a celebration of diversity.

The project has particularly benefited from the Artistic Direction of Amanda Knott, who trained at the Royal Ballet and performed with Ballet Rambert before becoming Artistic Director for professional touring company Creative Cow. Amanda said:

'Antara mixes rhythmic, world-music with urban, British poetry. The combination of these evocative sounds fires the choreographic imagination and superbly underscores the poignant story of a bewildered young man. To balance the mix is my challenge and one I relish.'

Producer JoJo Spinks said: 'We're incredibly excited to bring our show to this great venue and were particularly keen to come to the very cultural town of Bridport. We've already been given a lovely welcome by local traders.'

Check out Bridport Library for details of Indian dance demonstrations in Bridport in early September. Dance stars Ajeesh K Balakrishnan and Kay Crook are warming up to give Bridport residents a little taster of the full show, Antara.

Tickets for the show on Tuesday, September 10th cost £10/£8/£5 and are available online at [www.bridport-arts.com](http://www.bridport-arts.com) or by calling 01308 424204.



Ajeesh K Balakrishnan and Kay Crook

## Thomas Hardy Talk

SAMANTHA Briggs of the University of Exeter will be giving a talk at Dorset County Museum as part of the Thomas Hardy Series 2013, on Thursday, August 29th at 7.30pm.

This is the third in a series of five lectures about Thomas Hardy and is part of a larger project including the National Trust and the University of Exeter. It is hoped that the more academic nature of these lectures will provide the general public and lovers of Hardy's novels with an increased connec-

tion to contemporary ideas about his work.

Thomas Hardy is the only major English novelist to have also been a professional architect. This lecture will provide an overview on Hardy's architectural career and show how he engaged with nineteenth century debates about the built environment in his fiction.

Entry to the talk is free but a donation of £3 is encouraged to cover costs. Everyone is welcome and there is no need to book. Doors open at 7pm.

# FUNK FOLK BY THE SEA

## The Albion Band set to headline Lyme Folk Weekend's Saturday night

THE Albion Band, the electric folk combo, will rock Marine Theatre on Saturday night (31st August) as part of Lyme Regis' very first Lyme Folk Weekend. Nailing their reputation for feel-good music, their set will bring Saturday to a partying climax after a day of full on folk.

From mid-day to midnight visitors will be spoilt for choice – whether electric folk or the more traditional kind, there will be crowd-pleasers to suit every taste and pocket – at the Marine Theatre, The Pilot Boat and along the sea-front. And not forgetting shanty singing, mass Morris dancing and a camper van rally.

Julie Sheppard, the festival's publicist said: "Saturday night is the Albion Band's night. Just about everybody's played in this band at some time - the roll-call reads like a "who's who" of folk. But, under Blair Dunlop, son of the original founder, and with a bunch of new musicians, it's not just reformed but transformed. Think Lynyrd Skynyrd meets morris dancing – via rural Gloucestershire".

She went on: "Their latest album Vice of the People is a collection of protest songs but without the hand-wringing. This is folk rock at its vital, pulsating best. In Thieves Song, for example, the lyrics advise "So put no faith in rich men, though gold they have in store

/ For now they have the taste of it they'll want it 10 times more!" I wonder which particular set of bankers, hedge fund managers or frackers had they in mind? This is not reverential, finger-in-the-ear type folk but full on guitar driven dance music. So, strap on your high-heeled sneakers for this one".

On Friday evening, the indie folk band Turin Brakes, with a sneak preview of their new album, We Were Here, will

headline a talent packed session at Marine Theatre and on Sunday night, Martin Carthy and Dave Swarbrick and Spiers and Boden will bring the festival to a fitting finale.

"There's a lot going on – it's definitely an all singing-dancing Saturday in Lyme Regis – with something for everyone. Throughout the weekend there'll be a good mix of local, national and international acts. It's great that local acts such as Slipstream, Linnet, Hunt & Robertson, B Sharp, Stompin Dave Allen and RPM will all be playing. We know that people are attracted initially by the big names but in my experience it's often the lesser known artists or music you don't normally listen to which often surprises and delights – so I'd encourage people to be adventurous and explore different genres". /more

The organisers hope the festival will become an annual event. A free printed programme listing all the events on offer and running times at the various venues, is now available in and around town from all the usual outlets. More information about what's on and tickets from [www.lymefolk.com](http://www.lymefolk.com). Tickets also available from Tourist Information Centre in Lyme Regis on 01297 442138. Limited ticket availability on the door.



The Albion Band

# THE MELPLASH SHOW

West Bay, Bridport, DT6 4EG

Thursday 22<sup>nd</sup> August 2013

8am to 6pm

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On the day: Adults £13  
Advance tickets: Adults £11 available online

www.melplashshow.co.uk

**FREE BUS**  
from Lyme Regis, Charmouth, Chickerell & Bridport

## MARINE THEATRE

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Thursday 22<sup>nd</sup> August

### BARB JUNG

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Theatre Friends Discount Available

Friday 23<sup>rd</sup> August

### BARBERSHOPERA

7.30pm  
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Concessions: £10  
Family (2 Full Price 2 Conc.): £30.00  
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*Also at Bridport Arts Centre*

Box Office: Lyme Regis TIC 01297 442138  
or buy online at [www.marinetheatre.org.uk](http://www.marinetheatre.org.uk)

SUPPORTED BY LYME REGIS TOWN COUNCIL AND WEST DORSET DISTRICT COUNCIL



# ENERGISE

Stay fit and healthy in West Dorset

## Rob - Week 11

The final week is approaching and this week we are focusing all of Rob's workouts on the TRX trainer. The TRX Suspension Trainer uses gravity and your bodyweight to perform hundreds of different exercises on one piece of equipment. The benefit of kinesis is you're in control of how much you want to push yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

Last week Rob suffered a slight hamstring pull so we had to factor in extra rest days into his training routine. We also increased his carbohydrate intake slightly to bring his energy levels up as we noticed signs of fatigue during and after his training sessions. He is now back to full fitness so we are going to push him hard this week

The TRX Suspension Trainer:

- Delivers a fast, effective total-body workout
- Helps build a rock-solid core
- Increases muscular endurance
- Benefits people of all fitness levels
- Can be set-up anywhere (gym, home, hotel or outside)



Rob's TRX Suspension Trainer Workout

1. 15 Chest presses
2. 15 Pull ups
3. 20 Squats
4. 15 Bicep curls
5. 15 Tricep extensions
6. 20 Jumping Lateral Squats

Rest 1 minute and repeat 4 times

- **Rest**
- **Ice** (20 minutes every two waking hours)
- **Compression** (apply pressure to the injured area with a bandage)
- **Elevation** (above heart level)

## Nutrition Tip

YOU need to listen to your body, if you're are feeling ill or suffering from an injury you need to give your body time to rest so it can recover. Otherwise all you are doing is putting excessive stress on your immune and nervous system pro longing your recovery time, affecting your training which will affect your results! Rob had a hamstring issue so we stretched loads and had extra rest days; the hamstring is now better so he can get back into his workouts. If you are suffering from an injury follow the RICE protocol for the first three days

## The Kamikaze 'Banzai Charge'

THE valleys around Mapperton Farm, Beaminster, Dorset, will echo with the collective 'Banzai' roar of 500 hundred adventure runners taking part in the Kamikaze Banzai Charge on Sunday, September 8th. The event offers an eight mile cross-country course, complete with challenging obstacles engineered to test fitness, nerve and determination of all those who don the Kamikaze headband.

Now in its sixth year and renowned as the one of the toughest, and yet the most fun one-day endurance events in the UK, Kamikaze competitors throw themselves down Banzai slides, across rope swings, into bogs, and rivers and over obstacles in the quest to become the coveted 'Banzai master'. All those successfully negotiating the 'Valley of Doom', the balance beam wet sponge throw, The Rope Tangle, and the 8ft 'Tour of Grease' among other obstacles and completing the course, will receive finishers medals as testament to their achievement.

Event organiser, Ben Mason from Votwo says; "This event has built a reputation for being a muddy good day out! This year we have been busy creating an even more energy-sapping course to test the metal of returning Kamikaze warriors. Previous competitors have described the Kamikaze as 'physically demanding but totally awesome at the same time' and some said 'the most fun they had EVER had during a running event'.

Facilities include free on site car parking, great spectator viewing, hot food and drinks from the Votwo cafe, music and race commentary. All competitors receive a Kamikaze headband to wear bearing their race number. Teams and individuals are welcome.

To register for the event or to find out further information on the Kamikaze Banzai Charge or any other Votwo event visit [www.votwoevents.co.uk](http://www.votwoevents.co.uk). The location is Mapperton Farm, Beaminster, Dorset, DT8 3NS

BEAMINSTER COMMUNITY SPORT ASSOCIATION LTD

**MONDAY**

3.45 - 4.30pm 11-16 YR OLDS TRAMPOLINING COURSE  
4.30 - 5.15pm 4-10 YEAR OLDS TRAMPOLINING COURSE  
5.00 - 6.00pm SILKS AERIAL COURSE 11-16 YR OLDS  
5.15 - 6.15pm PILATES  
6.15 - 7.15pm SILKS AERIAL COURSE ADULTS (16+)  
6.30 - 7.30pm CIRCUITS  
7.30 - 8.30pm GROUP STUDIO CYCLING - Ladies Only

**TUESDAY**

6.30 - 7.30pm ZUMBA

**WEDNESDAY**

4.00 - 6.00pm GYMNASTICS  
6.00 - 6.45pm GROUP STUDIO CYCLING  
7.00 - 8.00pm BACK 2 NETBALL CLUB  
8.00 - 9.30pm VOLLEYBALL

**THURSDAY**

6.30 - 7.30pm KETTLERCISE

**FRIDAY**

5.00 - 6.00pm SILKS AERIAL COURSE 11-16 YR OLDS  
6.15 - 7.15pm SILKS AERIAL COURSE ADULTS (16+)

For further information on classes and courses please call Richard on 07792 791038 or 01308 861911

### SQUASH COURSE

**Beginners (8+ years)**  
Tuesday 3rd September - Tuesday 17th December  
4.30pm - 5.30pm

**Improvers (11+ years)**  
Wednesday 4th September - Wednesday 18th December  
4.30pm - 5.30pm

### WATER POLO

**Mini Water Polo (7+ years)**  
Monday 2nd September - Monday 16th December  
6.00pm - 7.00pm

**Junior Water Polo**  
Monday 2nd September - Monday 16th December  
7.00pm - 8.00pm

## AFTER SCHOOL ACTIVITIES

To book or for further information please call Reception on 01308 427464

bridport leisure centre

[www.bridportleisure.com](http://www.bridportleisure.com)

# There are many adventure races...

# ...but few as crazy as the Kamikaze.

8th Sept Bridport, Dorset [www.votwoevents.co.uk](http://www.votwoevents.co.uk)



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Altogether Care value their residents independence, which is why you'll find a range of facilities such as; a well-stocked library, fine choice of food, swimming pool, walled garden, a shop, hair dressing salon, regular bus trips out and a fulltime activity and outings co-ordinator all at Steepleton Manor.

So whether it's just a short break or long term care, a stay at Steepleton Manor is a high quality, relaxing, yet sociable experience. With its attentive care staff, impressive facilities and grounds, it feels like home. To find out more about Steepleton Manor, speak to a member of Altogether Care's friendly staff on 01305 300 161, or visit their website at [www.altogethercare.co.uk](http://www.altogethercare.co.uk)



▲ Steepleton Manor



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Altogether Care

## Seaswift House

SEASWIFT House is a large and comfortable residence, being situated in Seahill, opposite the beautiful flower gardens, bowling and putting greens. The situation of the house makes easy access for residents, as it is only three minutes walk to the Sea Front, Post Office, Library, Banks, Shops, Restaurants, and Churches.

The rooms at Seaswift House are spacious and tastefully decorated, with individuality and colour, so no room is the same. All of the rooms have a colour television and private telephone if required. A stair lift is also available.

The business is privately owned by the resident proprietor Mrs Kate Jackson, who is in touch and available on a daily basis.

Kate and the staff at Seaswift House are all dedi-

cated to running the sort of Care Home that ensures residents feel happy and secure, and to know they are among friends, to live their lives as they wish, with dignity, independence and freedom of choice, but with the assurance that help is always at hand. To be able to receive their relatives and friends into their home, with the privacy they require.

Realising, that the decision to move into residential care is a very big one for all concerned, Kate and the team invite you to visit, have a cup of tea or coffee and look around.

Seaswift House offers all these things and their promise to you is, they will always have time to listen.

We currently have a beautiful large en-suite room available, with lovely sea views and views of the Bowling Green and gardens. It has recently been refurbished. Early viewing is recommended if you are interested.



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Leanne Phillips.



## Thistlegate House

THISTLEGATE House is a splendid and most elegant residential care home which offers "possibly the finest residential care in the south west". The Grade II Lutyens inspired "arts and crafts" style property retains the ambience of a fine country residence with its timber beamed ceilings and stone feature fireplace. The large comfortable lounge which is set out in a manner to encourage conversation or privacy as desired, overlooks the formal part of the four acre grounds which boasts many fine trees, terraces, walkways and a delightful sunken garden together with far reaching views of the surrounding countryside across to Lyme bay.

As you enter Thistlegate House the comfortable calm relaxed atmosphere is immediately apparent and welcoming. The accommodation is spacious and tastefully decorated as you would expect of a house of this style. The



high quality care is provided by a very experienced professional staff together with the resident proprietors, June Webb and John Corney, who are available to residents and staff alike throughout the day and night which ensures that the very highest standards of care are maintained at all times. The excellent cuisine at Thistlegate

House is a very important part of daily life with the highly varied menus being planned by the chefs and June Webb on a daily basis, the elegant dining room provides the ideal setting where the residents receive silver service.

Great emphasis is placed upon achieving a feeling of wellbeing for the residents of Thistlegate House by appreciating their individuality and providing the care that they need in the manner that they require. There are many additional aspects and services available to residents at Thistlegate House. We would be pleased to discuss these, along with the level of care required for yourself, a relative or perhaps a friend and establish exactly how we at Thistlegate House may be of help to you.

For further information please contact Mrs. June Webb or Mr. John Corney Tel: 01297 560569 or visit our new internet web site [www.thistlegatehouse.co.uk](http://www.thistlegatehouse.co.uk)



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# Is the time right for Nursing Home or Home Care?

HOW do you know when the time is right to consider the decision of placing someone in a nursing home for more care?

If you're the caregiver for a loved one with Alzheimer's or another dementia, maybe you've wondered the same thing. Maybe you're taking

care of your loved one in your home and your situation is working out really well. Or maybe you're in that situation of wanting desperately to keep your family member at home, but you're starting to feel that the challenge of balancing everything in life might be too much at times.

## Reasons Nursing Homes Are Avoided

Families often experience guilt and anxiety related to even the thought of nursing home placement. They may have made a promise years ago to their loved one that they wouldn't ever put them in a nursing home. Some might feel like it's their duty to care for their spouse in their own home. Or, they may have had a bad experience (or heard of one) with a nursing home and are fearful of making that choice.

## When Nursing Home Care Happens by Default

Occasionally, there are situations where it's clear that the time has come for nursing home care.

These could include severe illness, injury or hospitalization of the caregiver or person with dementia, or the death of the caregiver. Those sudden changes often necessitate immediate nursing home placement and sometimes individuals end up in facilities almost overnight, with very little time to research different facilities.

## Signs that the Time for Nursing Home Care Is Near

Outside of those sudden changes, when is it time? What are signs to pay attention to? How do you know when you should make that move to a nursing home or if you can continue to make things work at home?

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## The importance of exercise as you get older

PHYSICAL activity and exercise can help you stay healthy, energetic and independent as you get older. Adults aged 65 and over spend on average 10 hours or more each day sitting or lying down. This makes them the most sedentary age group. They're paying a high price for their inactivity, with higher rates of falls, obesity, heart disease and early death compared with the general population. As you get older, it's even more important that you remain active if you want to stay healthy and maintain your independence. If you don't stay active, all the things you've always enjoyed doing and taken for granted start to become that little bit harder. You may struggle to pursue simple pleasures, such as playing with the grandchildren, walking to the shops, leisure activities and meeting up with friends. You might start to get aches and pains that you never had before, and have less energy to go out. You may also be more vulnerable to falling. This can all lead to being less able to look after yourself and do the things you enjoy.

### Strong evidence

There's strong scientific evidence that people who are active have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia.

### What doesn't count?

Daily chores such as shopping, cooking or housework don't count towards your 150 minutes because the effort isn't hard enough to increase your heart rate.

If you want to stay pain-free, reduce your risk of mental illness, and be able to go out and stay independent well into old age, you need to keep moving. It's that simple. There are lots of ways you can get ac-



tive, and it's not just about exercising. Most people as they get older want to keep in touch with society – their community, friends and neighbours – and being active is a way to ensure that they can keep doing that.

### What is physical activity?

Physical activity is anything that gets your body moving. It can include anything from walking to recreational sport.

The first thing to bear in mind as you get older is to keep moving. On a basic level, that means making sure you don't spend hours on end sitting down during the day. This means avoiding long periods of TV viewing, computer use, driving, and sitting to read, talk or listen to music. While some activity is better than none at all, to get the maximum health benefit, you should aim to do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity every week. Aim to do something every day, preferably in bouts of 10 minutes of activity or more. The more you do, the greater the health gains. One way of achieving your weekly physical activity target is to do 30 minutes on at least five days a week.

On at least two days a week, activities should include those that strengthen muscles and bones, such as weight training, carrying heavy loads and heavy gardening.

Examples of moderate-intensity aerobic activities include:

- walking fast
- doing water aerobics
- riding a bike on level ground or with few hills
- playing doubles tennis
- pushing a lawn mower



## Bridport Mobility

AT Bridport Mobility, our aim is to offer advice and quality products at affordable prices to each of our customers. At Bridport Mobility we believe everybody should be entitled to independence and freedom in every aspect of their lives. We are proud to offer a vast range of products, all designed to make those living with disabilities feel capable and secure.

We are members of CED, the Community Equipment Dispenser Scheme.

Why not come and see our convenient and well stocked show-

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## COOK

HAVE you ever tried a frozen meal made by those clever chefs from COOK? Their founding principle in 1997 was to cook using the same ingredients and techniques you would at home, so everything looks and tastes homemade. And today, nothing's changed. Their meals taste as good (or maybe a little better) than you would make at home.

They have two shops in the area, one on Corporation Street in Taunton and one in Tudor Arcade in Dorchester. Both shops offer a home delivery service making their delicious meals even more convenient.

Their meals come in a number of portion sizes and cover everything from Liver and Bacon to Roasted Confit of Duck. You'll also find they have a selection of meals for smaller appetites.

In addition to the quality of their meals, they pride themselves on the service they offer and when they deliver they will gladly put the meals away in your freezer if you wish.

If your paper is The Weekender, Pulmans View, or you live in Lyme Regis, you should call the Taunton shop on 01823 323001 to request a menu. If your paper is a View From please call the Dorchester shop on 01305 756571.

Alternatively you can visit [www.cookfood.net](http://www.cookfood.net).



# COOK

[www.cookfood.net](http://www.cookfood.net)

Frozen meals that look and taste homemade

Could you, a friend or a relative benefit from the convenience of delicious frozen meals?

**Pulman's View From & WEEKENDER**

Readers can have free delivery from COOK Taunton  
01823 323001 (min order £30)

**from View newspapers**  
in West Dorset

Readers can have free delivery from COOKfood Dorchester  
01305 756571 (min order £30)

Single meals from £2.99

Please call either shop for a copy of our menu



## Overington Care

OVERINGTON Care Ltd is an Independent Domiciliary Care Agency, established in 2013 by Managing Director Nichola Overington. They are situated in the beautiful seaside town of Seaton. They provide a 24-hour service, with a wide range of Care Services to assist adults wishing to remain living in their own homes on a one-to-one basis, allowing them to live independently, tailoring their service to meet the clients individual needs. Overington Care also provides Health Care Assistants, Support Workers and RGN to Residential, Nursing and Learning Disability Homes, throughout the South West.

Overington Care Ltd is registered with the Care Quality Commission (CQC) and they work within the guidelines and Legislation of accepted good practice.

At Overington Care, they pride themselves on their professionalism and dedication. All staff members are checked via a Disclosure and Barring Service (DBS) prior to commencing work.

Overington Care also provides the optional FREE installation of Invicta Telecare. If the client has a fall at home, Invicta Telecare receive a signal from a pendant or impact detecting wristband device, and they then immediately contact Overington Care who will then attend to the client. There is NO EXTRA call out fee for unscheduled/emergency callouts, and the client only pays for the time a member of staff is in attendance

with them. There is also NO EXTRA charge for mileage, as this has already been calculated into the fees. Call Overington Care today and

see how they will be able to help you or your loved ones, you will be pleasantly surprised by the services they provide.



## Richard Stent Optometrist



RICHARD Stent Optometrists, your local independent opticians provide free NHS eye exam-

inations for the over 60's. Having regular eye examinations to check the health of your eyes is important. An eye examination can detect conditions such as cataracts, macular degeneration, glaucoma; all of these can cause difficulties with your sight. Checking your spectacle prescription is up to date also ensures that you get the best possible vision when wearing your glasses.

Our Dispensing Opticians will give you expert advice on choosing the most suitable eyewear including varifocal lenses. Richard Stent Optometrists are Nikon and Essilor stockists and specialise in varifocal dispensing, keeping up with the latest innovations in lens design.

We have appointments available Monday to Friday 9.00 - 5.30pm and Saturdays 9.00 - 1.00pm. Call in or contact us on 01460 53921.



Your local independent Optician

Providing a Personal and Professional Service. NHS, Private Eye Examinations and OCT Scanning.

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## Hazelwell Lodge

HAZELWELL Lodge is a 35 bed Care Home for the elderly situated in Parish town Ilminster in South West Somerset. Miss Edna Maxwin took over the running in 1987, for people with Old age and dementia. Her aim was to change people's perception of care homes and how people view their autumn years. We are now a 35 bed home specialising in care for those who suffer from dementia and associated behavioural issues that may cause challenges in an unsupervised setting. The operation of the home is designed to enable such residents to resume a more appropriate and desirable way of living that deals with their individual needs on a personal level. We provide safe environments that are adapted to the unique needs of the resident so that they can enjoy as much independence, mental and physical stimulation as possible. Miss Maxwin has now been joined in the ownership

of the home by her son Chris Ochoa. With the support and interaction of local authorities, NHS and Healthcare professionals it is

clear to see that Perceptions HAVE changed and Hazelwell Lodge holds an important and respected position in the local community.



## HAZELWELL LODGE SPECIALIST RESIDENTIAL CARE

We focus on providing person centred care, in our 35 bedroomed home, specialising in Dementia, with our highly trained, dedicated team of staff.

2012 winners of the Somerset Care Focus Dignity in Care & Outstanding Manager Awards

For further information please contact:

Claire Kingdon on 01460 52760 | [claire@hazelwell.co.uk](mailto:claire@hazelwell.co.uk)  
Hazelwell Lodge, 67 Station Road, Ilminster, Somerset TA19 9BQ

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## Chiropody Appliance Service Ltd.

YOUR foot comfort is as important to us, as it is to you. We appreciate how problems with your feet can cause problems to you both physically and emotionally.

Let's face it it's no fun coping with constantly painful, sore or aching feet.

We have been making insoles for Chiropodist's & Podiatrist's patients for over 28 years and understand that people's foot problems vary greatly. For specialized foot care we always suggest you contact a Podiatrist or Chiropodist, however, we also know our standard range of products might be what you are looking for.

We supply to private customers and medical practitioners, ie Podiatrists, Chiropodists, Physiotherapists, Orthopedic services.



Manufacturers of high quality insoles to the NHS for over 30 years!

We offer a range of foot supports and comfort insoles to the public via our website

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Full length insoles - ¾ length insoles - Metatarsal pads  
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Available for sports shoes, running trainers and fitness footwear

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Our technicians manufacture many types of insoles and arch supports, suitable for foot comfort in the home and outdoors. These can help ease many conditions for the older patient including joint pain associated with arthritis, plantar fasciitis, metatarsalgia, Morton's neuralgia, etc. Also available are comfort insoles for the changing foot conditions of the diabetic patient, MS sufferer, etc.

Insoles are available for sports shoes, running trainers and fitness footwear to help protect the soft tissues of the foot, ease heel pain, shearing/impact effect and to help with shock absorption.

Plus, we haven't forgotten all the walkers, hikers, & welly boot wearers, made to help ease the trauma of everyday walking. Please see our specialized range on our website, [www.4footpain.co.uk](http://www.4footpain.co.uk).



## Daley Home Care

DALEY Home Care, the registered Domiciliary Care Agency, is helping clients from Lyme Regis to Dorchester to remain independent in their own homes. The team of friendly, personable carers are all highly trained, complementing their experience, (all have enhanced CRB disclosure) and guided by Registered Manager Julie Daley, who has a wealth of experience of the care industry. Julie also runs a 3 star rated Care Home and Domiciliary Care Agency in Shropshire and with fellow director Mark Roberts is now replicating these excellent standards in West Dorset.

We Care For You by Caring About You is Daley Home Care's simple message and sums up the company ethos. They are able to offer a full range of services, from personal care and help with domestic tasks to full palliative care. Helping clients regain their independence after hospital treatment and getting them to appointments and social events are all included. Daley Home Care is dedicated to providing the very highest standards of care 365 days a year, and their charges reflect this, being the same every day, ensuring every client enjoys the dignity and respect they deserve. Contact Daley Home Care on 01308 898 345 or email [daleyhomecare@btconnect.com](mailto:daleyhomecare@btconnect.com)



**We Care For You by Caring About You**

Daley Home Care, backed by years of the very highest quality experience, is ready to look after you.

Whatever your needs, our superbly trained carers will ensure the dignity and respect you deserve as we assist you to remain independent in your own home.

From a simple check call to full palliative care we provide the very best service every day of the year, at the time and frequency that suits you.

We offer a complete range of services from personal care to cleaning, cooking and shopping.

Contact  
Mark Roberts or Julie Daley

Daley Home Care  
01308 898 345  
[daleyhomecare@btconnect.com](mailto:daleyhomecare@btconnect.com)

## Regency Care & Mobility



## Exceptional service with compatible prices at Regency Care & Mobility

REGENCY Care and Mobility are happy to announce that they are now selling British made rise and recline chairs and beds. The chairs and beds can be made to order to any size.

We pride ourselves on giving honest, trustworthy and no pressure to buy advice. Our large stock ranges from small aids to scooters, beds, rise and recline chairs and bathlifts. Anything we do not have on display can always be ordered in for any persons individual needs after initial assessment.

We offer exceptional service with compatible prices including free call outs. Our services cost £39 with a free pick up and return. All scooters, chairs and beds brought from us come with a free after care service.

Not only do we accept part exchange on scooters, chairs and beds, we will also take away your old beds and chairs when we deliver your new one.

We are open Monday to Saturday 9am to 4pm so come and see us or call us on 01460 271172.

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Email: [regencycareandmobilityltd@btconnect.com](mailto:regencycareandmobilityltd@btconnect.com)

Web: [www.regencycareandmobility.co.uk](http://www.regencycareandmobility.co.uk)

## Higer Ground Meadow

OUR Natural Burial Ground is set within the beautiful west Dorset landscape and offers far reaching panoramic views. For those who cherish the countryside and its wildlife this is the perfect place to be laid to rest with dignity in a secure setting of timeless beauty.

When a loved one dies many families have to face a situation for which they are not prepared. At Higher Ground Meadow we welcome the opportunity to help you at this difficult time and we will liaise with your funeral director. We feel passionately that the funeral ceremony which takes place needs to be individual, to honour the deceased and celebrate their life. Burials may follow a church service or any type of ceremony held here. There will be no rush as we normally only hold one service per day, giving mourners privacy, space and time.

Perhaps you are looking for the right place to inter a loved one's ashes, we offer plots in the meadow or the new woodland. Please consider viewing our burial ground, phone for an appointment if you would like me to meet you there. Many families are finding peace and comfort from laying their loved ones to rest here.



## Higher Ground Meadow

Natural Burial Ground

*A very special place for your loved one to be laid to rest*

For further information please call,  
Joanna Vassie.

Higher Ground Meadow, Hackney  
Corscombe Dorset. DT2 0PA

Tel: 01935 891245

Website:

[www.highergroundmeadow.co.uk](http://www.highergroundmeadow.co.uk)





## Scott Rowe

PLANNING for later life and retirement can seem complicated and overwhelming.

At Scott Rowe we understand that many people would rather not think about making a Will. However, making one will ensure that your wishes are carried out, utilising any tax benefits available.

If you die without a valid Will then you are said to have died 'intestate'. It can leave your family

with a financial and administrative burden when establishing who the true beneficiaries are, and people who you wished to benefit may miss out.

You may also consider making a Lasting Power of Attorney, to be used by people you nominate to run your affairs for you, should you become unable to. This can cover your financial future and your personal and welfare decisions whilst you are alive.

We can also advise you on how to fund possible future care, including equity release schemes, and on buying or selling your home if you are looking to move house in the future.

Over 98% of our clients recently surveyed say that we provided a good quality service and that they would recommend us to others. We are friendly and easy to talk to, and we can arrange home visits if that is easier.



## Tips for eating well as you age

AS YOU age, your relationship to food may change along with your body. A decreased metabolism, changes in taste and smell, and slower digestion may affect your appetite, the foods you can eat, and how your body processes food. The key is to figure out how to adapt to your changing needs. Now, more than ever, healthy eating is important to maintain your energy and health.

. Load up on high-fiber fruits, vegetables, and whole grains. Your whole digestive system



does slow as you age, so fiber is very important. Consume fiber-rich foods such as whole grains, fruit, and vegetables. They will help you feel more energetic and give you fuel to keep going.

. Put effort into making your food look and taste good. Your taste buds may not be as strong and your appetite may not be the same, but your nutritional needs are just as important as ever. If you don't enjoy eating like you used to, put a little more effort into your meals, including the way you flavor, prepare, and present your food.

. Watch out for dehydration. Because of physical changes, older adults are more prone to dehydration. So make sure you are drinking plenty of fluid, even if you don't feel thirsty. If you're not getting enough water, you're not going to be as sharp and your energy will suffer.

Make meals a social event. It's more enjoyable to eat with others than alone. If you live alone, invite other people over. It's a great way to stay in touch with friends and you can share cooking and cleanup duties.

## Horton Cross Nursing Home

### Horton Cross Nursing Home - Caring for you!

HORTON Cross Nursing Home is privately owned providing general nursing care to the elderly; this includes Palliative and Respite Care.

Whilst always striving to achieve higher standards of care, we are proud of the service we offer and continually encourage staff to maintain their on-going training programme supported by the management of the home.

We strive to ensure the home is run with a 'home from home', happy and relaxed atmosphere. At the same time we employ a good safe, secure and professional standard of nursing care.

A structured recreational programme is in operation involving all residents. This includes outings, entertainment and activities suitable for all residents.

We have a hairdresser and a registered chiropodist who visit regularly.

All other personal services including dentist, physiotherapy, newspapers and magazines, can

be arranged. We also have an in-house shop which sells toiletries and confectionery items.

Doctors from local practices visit Horton Cross on a regular basis or by individual appointment.

Adequate parking facilities are available for all visitors and a warm welcome will always await them. We provide for the social service and privately funded clients. Fees and any other details supplied on application.



## Scott Rowe

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### HORTON CROSS NURSING HOME



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For availability of placement or an informal tour please call the Registered Manager.

Horton Cross, Ilminster, Somerset TA19 9PT

01460 52144



## The Koppers

A RESIDENTIAL Care Home specialising in the care of people with Dementia set in one of the most beautiful East Devon villages.



▲ Dennis with Muffin the Rabbit

## Terry New Denture

### Dentures from the comfort of your home

TERRY New's Denture Clinic offers a service that few can compete with. Terry has been in the denture business for more than 30 years, and got introduced to the business by a relative who was a technician as well.

He visits a lot of homes, and is one of the few practices in the country who is legally qualified to make dentures without the involvement of a dentist. He can make dentures straight to the public, which saves a lot of time and hassle.

"I do a lot of home visits, and meet a lot of people and go to a lot of residential homes," Terry said. "I offer one on one service, at competitive prices."

Prices are extremely competitive even for those with a limited budget. Terry also offers a denture repair service, while customers wait.

"As I work from home, I do offer service at weekends, if I am around."

Based near Ashcot in Somerset, Terry can do home visits within a 25 mile radius of his home. For more information call 01458 210039 or cut out and keep this advertisement for future reference.



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FROM THE COMFORT OF YOUR OWN HOME

## Terry New Denture Clinic



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Covering Somerset  
**01458 210039**

Thomas Farm, Pedwell, Bridgwater TA7 9BN

The owners have a wealth of experience in the care of the elderly with complex care needs, long standing mental health problems and severe communication disabilities. They manage, lead and support a dedicated, well trained team of staff and provide a 24 hour person-centred care in a secure environment.

Our Gold Standards which cover all aspects of our work, are Choice, Dignity, Compassion, Respect, Relationships and Friendship.

The Home features a spacious Day Activity area, dining room, relaxation/quiet lounge and patio. Bedrooms are on the ground and first floor, which is accessible by chair lift. Single and double rooms are fitted with hand basins, en suite facilities, some with shower/wet room, television point and up to date 'On Call' system. Personal possessions are welcomed at the owners' discretion and health and Safety regulations.

Meals are offered from a balanced and varied menu, offering choice and delights. Special diets are catered for by excellent home cooking this is locally sourced. Soft drinks and snacks are readily available throughout the day and night.

The gardens and grounds are a delightful pleasure; residents can enjoy the lovely lawns, seasonal

flower beds, shrubberies and terraces including Green Houses and Vegetable plots, tendered with loving care.

The amenities of Kilmington offer opportunities for day to day activities and social inclusion. A friendly community and annual fete and flower show, the local Shop/Post Office, Church, Village Hall, and Village Green with a bubbling stream running through makes for an idyllic and peaceful place.

Our activities organiser promotes and encourages a wide range of stimulating activities and outings relevant to the individual, and wherever possible, links with the local community for outings and social inclusion.

We also offer Respite Care.

For further details or to arrange a visit, please telephone The Koppers on 01297 32427. We look forward to meeting you.



▲ Jean with the newest edition to The Koppers family



## Fairfield House

### Life at Fairfield House... A Home with a View

FAIRFIELD House is an elegant early Victorian manor house offering panoramic views of the stunning bay of Lyme Regis.

Within the house you are greeted by elegant interiors, beautifully appointed bedrooms and stunning grounds and gardens.

Our team of dedicated and qualified staff encourage independence, dignity and freedom of choice in a compassionate and caring manner.

Our residents are at the centre of everything we do and our emphasis on choice is reflected in the caring lifestyle provided by Fairfield House.



### "Personalised Care in the Heart of the Community"

At Fairfield House we protect each resident's needs with an emphasis on choice. Our dedicated team of professional staff work closely with all our residents to ensure a continuously high standard of person-centred care.



Charmouth Road, Lyme Regis, DT12 0HH  
enquiries@fairfieldhouse.co.uk  
www.fairfieldhouse.co.uk

## The Koppers

### A Home From Home



### Quality Care with Dignity & Respect

The Street, Kilmington, Axminster, Devon EX13 7RJ

Tel: 01297 32427 [www.the-koppers.co.uk](http://www.the-koppers.co.uk)

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Dignity at the Heart of Everything We Do



# Staying Healthy Over 65 - How to feel young and live life to the fullest

STAYING healthy and feeling your best is important at any age and that doesn't change just because you have a few more grey hairs. As we grow older, we



experience an increasing number of major life changes, including career changes and retirement, children leaving home, the loss of loved ones, and physical changes. How we handle and grow from these changes is the key to staying healthy. These tips can help you maintain your physical and emotional health and live life to the fullest, whatever your age.

## Finding and following your formula for staying healthy

Coping with change is difficult, no matter how old you are. The particular challenge for adults over 65 is the sheer number of changes and transitions that start to occur—including children moving away, the loss of parents, friends,



and other loved ones, changes to or the end of your career, declining health, and even loss of independence. It's natural to feel those losses. But if that sense of loss is balanced with positive ingredients, you have a formula for staying healthy as you age.

Healthy aging means continually reinventing yourself as you pass through landmark ages. It means finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many, aging brings anxiety and fear instead. How will I take care of myself late in life? What if I lose my spouse? What is going to happen to my mind? However, many of these fears stem from myths about aging that are exaggerated by the media or simply untrue. The truth is that you are stronger and more resilient than you may think.

## Myths About Healthy Aging

**MYTH:** Aging means declining health and/or disability.

**FACT:** There are some diseases that become more common as we age. However, getting older does not automatically mean poor health or that you will be confined to a walker or wheelchair. Plenty of older adults enjoy vigorous health, often better than many

younger people. Preventive measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life.

**MYTH:** Memory loss is an inevitable part of aging.

**FACT:** As you age, you may eventually notice you don't remember things as easily as in the past, or memories may start to take a little longer to retrieve. However, significant memory loss is not an inevitable result of aging. Brain training and new learning can occur at any age and there are many things you can do to keep your memory sharp. The sooner you start, the sooner you'll reap the benefits.

**MYTH:** You can't teach an old dog new tricks.

**FACT:** One of the more damaging myths of aging is that after a certain age, you just won't be able to try anything new or contribute things anymore. The opposite is true. Middle aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience. If you believe in and have confidence in yourself, you are setting up a positive environment for change no matter what your age.

## Tips for coping with change

**FOCUS** on the things you're grateful for. The longer you live, the more you lose. But as you lose people and things, life becomes even more precious. When you stop taking things for granted, you appreciate and enjoy what you have even more.

- Acknowledge and express your feelings. You may have a hard time showing emotions, perhaps feeling that such a display is inappropriate and weak. But burying your feelings can lead to anger, resentment, and depression. Don't deny what you're going through. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal.

- Accept the things you can't change. Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humor.

- Look for the silver lining. As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.

- Take daily action to deal with life's challenges. When a challenge seems too big to handle, sweeping it under the carpet often appears the easiest option. But ignoring the problem doesn't make it go away; it allows both the problem and your anxiety to build. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.



## Tips for boosting vitality

**DON'T** fall for the myth that growing older automatically means you're not going to feel good anymore. It is true that aging involves physical changes, but it doesn't have to mean discomfort and disability. While not all illness or pain is avoidable, many of the physical challenges associated with aging can be overcome or drastically mitigated by eating right, exercising, and taking care of yourself.

It's never too late to start! No matter how old you are or how unhealthy you've been in the past, caring for your body has enormous benefits that will help you stay active, sharpen your memory, boost your immune system, manage health problems, and increase your energy. In fact, many older adults report feeling better than ever because they are making more of an effort to be healthy than they did when they were younger.



## Nurse Plus

HEMOCARE and One to One support has increasingly become a popular choice for many people, allowing them to remain in the comfort of their own homes amongst familiar surroundings and people and allowing them to live as independently as possible, for as long as possible.

Choosing the right Domiciliary Care Agency can be a daunting prospect with so many to choose from. Nurse Plus have been arranging reliable and personal homecare support service since 2005, recruiting Personal Assistants, Carers and Nurses for people with varying care and support needs.

For a free care assessment contact your local office today on 01305 259328



## George House Dental Laboratory



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**Call today & see how we can help**

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[www.nurseplusuk.com](http://www.nurseplusuk.com)

WE ARE CURRENTLY RECRUITING CARE WORKERS TO JOIN OUR TEAM, CONTACT US FOR MORE INFORMATION



## Shire House Residential Care Home

STANDING in one acre of picturesque garden, Shire House is a delightful combination of old and new, having the Edwardian building as its base with the modern wing providing spacious accommodation.

Overlooking Lyme Bay and the Jurassic Coast, Shire House provides nearly all large en-suite rooms some with spectacular views. Eleven of our rooms have direct garden access. We also have two suites; these include a sitting room, bedroom and bathroom, again with spectacular views.

The aims of Shire House are to provide a homely, safe and caring environment for older people respecting their rights to choose their own lifestyle and actively supporting them to realise their aspirations. This is achieved by offering residents independence and privacy, companionship, comfort and care. Our focus is on enhancing quality of life by setting the style and tone of the home in terms of its efficiency and probity, showing concern for residents and staff and its relationship with the community.

The friendly and caring environment is maintained 24hrs a day by a team of qualified staff who is led by our Registered Manager, Miss Marie Bunao.

Training is an important feature of employment to ensure the adoption of totally professional and up to date care techniques to NVQ standards.

A state of the art call bell system is fitted in all residents' bedrooms and all public bathrooms and lounges. We have an elevator to all floors.

We welcome all enquiries and visits concerning residential care whether long term, respite or day care. Should you wish to visit, we would be happy to show you around, meet our staff and residents and most importantly give you a copy of our menu, which takes into account different dietary needs and requirements. Eating here is considered to be a very major part of life and endeavour is made to cater for individual's tastes and needs.

Our objective is to provide the very best person-centred care. Our staffs are dedicated to this objective. In doing so, our philosophy is that this is in every sense a residents home with the freedom to live as they wish but with the assurance of help always being at hand if necessary.

We appreciate that the move to residential care is a big decision and so we offer flexibility in the time taken for residents to get to know us. We encourage initial trial periods of residency and are happy for informal visits for various lengths of time and to join us for a meal.



▲ Geoffrey, Marie and staff

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- Short stay and long term  
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For further information, please call  
Marie Bunao on 01297 442483  
Mobile: 07858 425541 Fax: 01297 444449  
shire@sentrycare.co.uk  
www.sentrycare.co.uk



▲ Staff, residents and visitors relax in the lounge

## Honiton Hearing Centre

### Hearing Loss is No Joke

GOOD hearing is something most of us take for granted, but it actually requires special attention to test, prescribe and advise those with a loss of some kind.

Colin Eaton, an HCPC registered audiologist and hearing aid dispenser from the Honiton Hearing Centre explains that "Sometimes we just need to advise on hearing protection, both at work and play, with motorsports, music and shooting. But with only 2 million people using aids, of the approximately 5 million people in the UK requiring one, some people could be worried by the old bulky unattractive hearing instruments, but realistically with the advent of the digital systems, they no longer need to hold off".

To view a range of miniature, unobtrusive and cosmetically appealing devices, all of which incorporate the latest technology or just some unbiased advice please contact Colin directly in Honiton on 01404 47070

## St Nicholas Residential Care Home



ST NICHOLAS Residential Care home has been re-registered by CQC on Friday 14th September to accommodate five residents instead of three, with the big demand of families wanting a small home for their relatives.

The home has recently undergone an unannounced inspection by our regulators, Care Quality Commission (CQC), and the outcome was very good.

St Nicholas Residential Care home in Seaton provides peace and tranquillity and security for up to five elderly residents, requiring full time care with quality as a priority.

St Nicholas Residential Care Home is a family run home, with high standards and fully trained carers; St Nicholas has been established for 15 years, and the home is in the beautiful Devonshire countryside in Seaton.

The proprietor Karen Roberts and her partner live on the premise which ensures high standards are maintained.

St Nicholas has a cheerful homely atmosphere, visitors often remark on how they are made to feel welcome at all times.

There is well trained staff on duty day and night, and work very closely with the local doctors and district nurses.

St Nicholas is in ¾ of an acre of level gardens, with a fish pond and water fall, plenty of bird feeders to watch the wild birds, with our small holding, the residents enjoy watching our chickens, geese, lambs, and miniature pigs, which the residents help to feed, to promote their independence and giving them stimulation and to live life as they choose.

St Nicholas residents are encouraged to follow their chosen pursuits; we provide a variety of quizzes, games, videos and day trips such as Bicton and Peco etc., out and around town, the sea front, and local events, local shows.

The residents special dietary requirements are catered for, such as diabetics, vegans and vegetarians, we pride ourselves with meals that are freshly prepared daily using quality ingredients from our allotment, meat from our small holding and fresh eggs from our chickens.

St Nicholas is a spacious building, three of the residents rooms are on the ground floor, one which is en-suite, and two rooms are upstairs, which also has a stair lift if needed. The five residents have private bathrooms with all the facilities needed, there is a call bell in all the rooms and bathrooms, telephone line if they wish to have a phone in their bedrooms, and sky TV. Residents are encouraged to personalise their rooms with their belongings and small items of furniture if they wish.

All prospective new residents are welcomed to the cheerful and friendly home, with their families for tea and an informal chat to clarify if St Nicholas is suitable for them.

Care plans will be made with the involvement of the resident, and their relations, this emphasizes the residents potential to manage their own lives, as independently as possible, and for the freedom of choice. Care plans are reviewed monthly and whenever there is a change in the residents care needs.

Fees vary depending on the level of care required, we do take Social Services residents, for any more information, or a brochure please ring Karen or Samantha Roberts on (01297) 20814, or if preferred come to St Nicholas for a cup of tea/coffee, and chat with ourselves.

*St Nicholas*  
RESIDENTIAL CARE HOME



HAREPATH HILL,  
SEATON DEVON EX12 2TA

Email: Samroberts01@btinternet.com

Telephone: (01297) 20814



# Tips for staying connected

ONE of the greatest challenges of aging is how your support network changes. Staying connected isn't always easy as you grow older—even for those who have always had an active social life. Career changes, retirement, illness, death, and moves out of the local area can take away close friends and family members. And the older you get, the more people you inevitably lose. In later life, getting around may become difficult for either you or members of your social network.

It's important to find ways to reach out and connect to others, regardless of whether or not you live with a spouse or partner. Having an array of people you can turn to for company and support as you age is a buffer against loneliness, depression, disability, hardship, and loss.

The good news is that there are lots of ways to be with other people. It doesn't matter what you do, so long as you get out of the house (if possible) and socialise:

- Connect regularly with friends and family. Spend time with people you enjoy and who make you feel upbeat. It may be a neighbor who you like to exercise with, a lunch date with an old friend, or shopping with your children. Even if you are not close by, call or email frequently to keep relationships fresh.

quently to keep relationships fresh.

- Make an effort to make new friends. As you lose people in your circle, it is vital to make new connections so your circle doesn't dwindle. Make it a point to befriend people who are younger than you. Younger friends can reenergize you and help you see life from a fresh perspective.

- Find support groups in times of change. If you or a loved one is coping with a serious illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges.



## The White Horse

### The White Horse

Haselbury Plucknett, Somerset TA18 7RJ  
Tel: 01460 78873

*Come and try our new beer garden,  
alfresco dining also available*

The White Horse is located in the beautiful village of Haselbury Plucknett in rural Somerset.

Our menu is inspired by French & British classics, we also offer local cask ales & an interesting wine list.

Please visit our website for more details and upcoming events  
[www.thewhitehorsehaselbury.com](http://www.thewhitehorsehaselbury.com)  
To reserve a table please call  
01460 78873

THE White Horse in Haselbury, with over 20 years' experience in some of London's finest restaurants, Richard & Rebecca Robinson decided to escape to the country & buy The White Horse. Having grown up in Broadwindsor, Rebecca was keen to return to this beautiful part of the world whilst Richard was extremely easy to convince with so much fantastic local produce & the stunning Dorset coast with its abundance of seafood.

"For us the experience of the great British pub is as important as fine wine and food; you can come here for our homemade Scotch eggs and local Ales or for diver caught scallops, Dorset snails and our 40 day aged steaks".

We look forward to welcoming you to The White Horse! The White Horse, Haselbury Plucknett, Somerset, TA18 7RJ Tel: 01460 78873 [www.thewhitehorsehaselbury.com](http://www.thewhitehorsehaselbury.com) Follow us on twitter @thewhitehorseRR



## Bymead House



BYMEAD House Nursing & Residential Home in Charmouth has been owned by Susan Blacklock - a qualified nurse with a background specialising in Community Nursing - for 20 years.

Her philosophy is to provide truly individual and therapeutic support including complimentary therapies such as acupuncture, to whatever degree is wanted or required.

She has always believed that this support should extend to the families and friends of those living at Bymead House as they form an important integral part of the care network within the home.

Bymead has always been proactive with the care provision and facilities on offer to the residents.

We continue to work towards the 'Gold Standards Framework in Care Homes', this will enhance the excellent care we already provide and is part of a national initiative to achieve the best quality of life for our residents particularly towards the end of life.

A very important part of the support Bymead provides is their extensive activities programme.

In line with their philosophy of holistic care, these activities are tailored to suit the individual needs of their residents.

The varied weekly programme reflects hobbies the residents may have had in their previous home and any new interests are encouraged and supported. Also outings to favourite destinations are chosen by the residents.

Sue Bartlett-Hall, activities co-ordinator, has been instrumental for many years in taking forward Susan Blacklock's vision of the therapeutic importance of social activities in relation to the happiness and wellbeing of people living within a care home.

Using local suppliers has always been important to Bymead House, this ensures that Bymead have frequent deliveries of fresh local produce each week enabling them to provide a varied, nutritious and tasty menu and special diets are also catered for.

Bymead continues to grow and develop as a vital care provider in the community.

Residents are encouraged to make the rooms their own personal space with favourite pieces of furniture, pictures and paintings.

All bedrooms are single and most are en-suite whilst each room has a telephone and television.

Bymead House would welcome any visits to the home, at any time, to see the benefits on offer.

Our new website has some lovely photos of the newly decorated areas; you can find this at [bymeadhouse.com](http://bymeadhouse.com)

All enquiries please telephone the Manager, Sharon Dellow on (01297) 560620 or e-mail [bymead@tiscali.co.uk](mailto:bymead@tiscali.co.uk)

## BYMEAD HOUSE NURSING & RESIDENTIAL HOME

Axminster Road, Charmouth. Dorset DT6 6BS  
Director Susan Blacklock RGN NDN RHV



For further details or to arrange a visit please contact the Registered Manager

Sharon Dellow on 01297 560620  
e-mail [bymead@tiscali.co.uk](mailto:bymead@tiscali.co.uk)  
[www.bymeadhouse.com](http://www.bymeadhouse.com)

## Clarondene Residential Home

### TEA AND CHAT at the BEACH

COME and join us for a relaxed social gathering looking out over the bay!

Clarondene hosts Lyme Regis' own Tea and Chat session in the Langmoor Room of the Shelters. You will find us there every 2nd Wednesday afternoon of the month, from 2pm to 4pm. Getting everyone there is quite an undertaking. In July and August there were visitors all over the place to add to the other obstacles of scaffolding, barriers, mysterious lift operating instructions and Lyme's myriad hills. September should be tranquil in comparison and the effort is well worth it. The views are lovely and it is relaxing to get out and enjoy the sea whatever the weather. Please join us - there is cake and drink for all! Or bring a contribution - there is no charge otherwise. Come and join in our singing and reminiscence! Ring up if you need a lift down there, I'll come and collect you.

### Those RED ARROWS!

Many thanks to our kind neighbours who welcomed us onto their lovely flat frontage to get such a great view across Lyme. Those 'wonderful men in their flying machines' aerobatics kept us mesmerised.



### The SUMMER SHOW

Those poor performers did not know what hit them when they came to Clarondene! They tried to run the event their way, but with Vi pinching the props, Bim joining in all the dances, and Cookie the dog getting excited, the old adage "Never work with the elderly and animals" was truer than ever! We all had a great time, especially the staff. Thanks SG Productions, see you in the Autumn.



*Wish you were here....?*

**Signature House Apartments**  
3 Maumbury Gardens,  
Brewery Square  
Dorchester DT1 1WF

Speak to John Clark on 01305 253 843  
[john.clark@somersetredstonetrust.co.uk](mailto:john.clark@somersetredstonetrust.co.uk)

*Independent living in the heart of the community*

**Signature House Apartments**  
3 Maumbury Gardens,  
Brewery Square  
Dorchester DT1 1WF

Active Ageing in the heart of Lyme Regis

- Daily activities and community involvement, entertainment and outings on a frequent basis
- Regular visits by nurses, opticians, chiropodist, faith groups and hairdressers
- 24 Hour personalised care with owner in residence
- Permanent, respite and day care packages for both privately and socially funded residents

**ROOM AVAILABLE WITH VIEWS ACROSS LYME TO THE SEA**

*You're always welcome*

Do contact me if you require any further information or have any questions. The kettle is always on, so please pop in for a cup of tea and a chat, anytime.  
Alison Curtis - Resident Owner

View Road, Lyme Regis, Dorset DT7 3AA  
tel: 01297 442876 web: [www.clarondene.co.uk](http://www.clarondene.co.uk)



# Explore Studios of 100 West Dorset Artists over August Bank Holiday Weekend



Gerry Dudgeon



David Kennard

BRIDPORT is celebrating its 15th annual Open Studios event with over 100 artists in 40 venues in Bridport and across West Dorset this coming Bank Holiday weekend, August 24-26th. Pick up a free 44-page Open Studios Guide which includes five Art Trails with information about all participating artists.

Since the 60's a new generation of leading artists have moved to West Dorset to focus on creating their best work in a beautiful setting and the town now has a national reputation for its vibrant art scene. With so much going on, Bridport Open Studios is an excellent opportunity to discover some of the best contemporary art being made today. The town now has a national reputation for its vibrant art scene, and this weekend you'll find everything from established names to emerging talents, including many well-known artists.

There are a dozen artists showing at St Michael's Studios including Kit Glaisyer, Caroline Ireland, David Brooke, Andrew Leppard, Marion Taylor, John Boyd, Charlotte Miller and Charles Hallsworth. Then there's Sally Davies and Leonard Hollands in the Studio in the Attic; plus Isla Chaney and Jennie Hanrahan in Foundry Yard. In Bridport town you'll find Brendon Murrells, Chris Neaves, Julia Hutton, Mart Tebbis, Wendy Poole, Laura Dron, Neil Barnes, Elizabeth Sayers, plus the Chapel in the Garden and DIVAcontemporary.



'Colmers' by Kit Glaisyer

To the north of Bridport there's Katkin Tremayne outside Netherbury, Nicola Leader in Waytown, Katherine Lloyd in West Milton, plus David Risk Kennard in Powerstock, Gerry Dudgeon near Melplash and Brian Cocks in Beaminster; and up to Sue Jenkins, Liz Walsh, Rachel Hewitt and Hannah Simpson in Wynford Eagle. Then Head east to the Stoke Abbot Collective and Askerswell Workshops, and towards George Paul Sainsbury in Long Bredy; Lisa Lindqvist and Katarina Rose in Litton Cheney; and finally Michelle Cordes in Abbotsbury.

To the south there's a big solo show by Michael Devlin Taylor at Eype Church; David West and Petter Southall at Sladers Yard Gallery and Bridport Art Society in the Salt House in West Bay. To the west there's Annalisa Renee and Marina Renee-Cemmick in Chideock; then Morecomblake Art Group and New House Pottery in Broadoak. Further west

there's the wonderful sculptures of Greta Berlin in Fishpond.

Artist and event Director Kit Glaisyer encourages visitors to be adventurous and make the most of the three day event, "For most artists it's the only time they open their studios to the public, so don't be shy. If you like something, let the artist know, they will be delighted to talk about their work, show you what's for sale and discuss commissions."

This year there is also a preview exhibition called '6 by 9' a show of small works by participating artists at the Electric Palace, Bridport that runs from Tuesday 13 to Saturday 31 August, Monday to Saturday, 10am to 4pm.

Pick up a Free Guide from Tourist Information Centres, the Bridport Arts Centre and the Electric Palace. View an online version of the Guide at [www.DT6.co.uk](http://www.DT6.co.uk) and follow Bridport Open Studios on Twitter @bridportOS with more information about the event at [www.bridportopenstudios.co.uk](http://www.bridportopenstudios.co.uk)

For more information call 01308 424582 or visit [www.facebook.com/BridportOS](http://www.facebook.com/BridportOS)



Caroline Ireland



Enjoy the specials menu, fine wines & real ales. Fresh food cooked using local suppliers



Bar open all day for refreshments, teas & fresh ground coffee

Food orders taken Monday to Thursday 12 noon-2.30 & 6-9.30pm

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## Bridport Open Studios & West Dorset

24 25 26 August 2013



View Guide online [www.DT6.co.uk](http://www.DT6.co.uk)







# BAND'S SURPRISE CELEBRITY CONDUCTOR

THERE was a surprise for Lyme Regis Town Band members during last week's 'Music by the Sea' concert on Marine Parade, when a holidaymaker stepped out of the audience to take over the conductor's baton.

The volunteer was no amateur, but none other than Mark Peacock, who was staying in the area with his family. Mark is currently the Musical Director of the Longridge Band in Lancashire, as well as Associate Conductor of the famous Fairey Band, who are currently ranked 8th in the world. He is also an adjudicator and a lecturer at Manchester Metropolitan University.

Mark conducted the band for the march 'Punchinello' and later gamely took part with the rest of his family, together with children from the audience, in playing percussion accompaniment to one of Abba's greatest hits 'Ring Ring'. Lyme Band's Musical Director John Powell commented, 'we were delighted and privileged that Mark took time out, not only to come and listen to our concert, but to agree to conduct. Our band members really enjoyed the experience'.

The Fairey Band, based in Cheshire, are certainly no strangers to Dorset. They have a strong local following and have given regular concerts at St Mary's Church in Beaminster for many years, always attracting large audiences. Their next visit is on 22nd

September, followed by a pre-Christmas concert on December 15th.

This has again been a successful summer for the Lyme band. The season is now drawing to a close, with only two Tuesday night concerts left, plus a Sunday afternoon concert on August 25th, starting at 2.30pm.



Mark Peacock leads the Lyme Regis Town Band

# AsOne Theatre Company presents AsCend physical theatre '100'

IMAGINE you had to choose just one memory to take into eternity, and that you would re-live that treasured memory afresh, experiencing it as for the first time over and over and over. What would you choose?

That is what four characters are urged to do by a mysterious other – to a count of '100'. This singular decision turns out to be far more difficult than any can imagine. It challenges the way each has lived, loved, observed, and even valued life itself, and has implications none would have guessed.

Award-winning AsOne Theatre Company presents AsCend Physical Theatre – who are touring a stunning multi-media physical theatre production called simply '100'. Diene Petterle, Neil Monaghan and Christopher Heilmann's thought provoking production has been toured internationally after winning a First at the Edinburgh Festival 2002. Its imaginative, physical approach to story telling creates a breath-taking piece of theatre that is profoundly moving.

The production is being premiered at Dorchester Arts Centre on Saturday, September 14th with two performances – a matinee at 2.30pm with reduced price tickets of £8 for Senior Citizens and £5 for students and an

evening performance at 8pm. The show is bound to throw up many questions so there will be a post show Q & A.

Produced by AsOne Theatre Company; directed by Jacqueline

Avery and Peter John Cooper; music by Simon Swarbrick; projected Image by Thomas Curtis

For more information – Tel: 01305 835541 or visit: [www.asone-dorset.co.uk](http://www.asone-dorset.co.uk)



The cast of AsOne Theatre's '100'

## 40th Honiton Hill Rally

August Bank Holiday Sunday & Monday  
9:00am – 6:00pm

Rising Sun, Stockland, Nr Honiton, Devon EX14 9NH



- Steam Engines - Tractors
- Stationary Engines
- Cars - Model Tent
- Motorcycles - Fire engines
- Military vehicles
- Commercials - Horses
- Threshing - Wood sawing
- Arts & Crafts
- Rural Crafts - Trade Stands
- Fair Organs - Auction
- Ring Events & Demonstrations
- Refreshments
- Children's Entertainment
- Harvesting Display

**KIVELLS  
&  
HUSSEYS**

Auction Of Collectables.  
Bank Holiday Monday @ 10am  
Contact Kivells Auctioneers Tel: 01392 251261  
[www.kivells.com](http://www.kivells.com)

Admission : Adults - £7.00, OAP's - £6.00  
Children 5-16yrs - £1, Under 5's - Free (Others accompanied by an adult)  
[www.honitonhillrally.co.uk](http://www.honitonhillrally.co.uk)

## GREAT DORSET STEAM FAIR "THE NATIONAL HERITAGE SHOW"



TARRANT HINTON, BLANDFORD, DORSET  
WED 28th AUGUST - SUN 1st SEPTEMBER 2013

*The World's largest heritage and cultural event showcasing our national industrial, agricultural and leisure history.*

This major annual event, recognised as "THE" National Heritage Show, is a must for those interested in how people lived, worked and played in bygone years. See over 2,000 authentic working exhibits including an old time steam funfair, rural crafts and heavy shire horses.

The spectacle covers an enormous 600 acres showground and is one of Europe's largest outdoor event locations.

Regularly attended by over 200,000 visitors each year from both the UK and abroad.

**An amazing fun and action packed day out for all the family.**

**Visit this colourful festival once and you'll be hooked for life!**

For further details contact the Show Office, Dairy House Farm, Child Okeford, Blandford, Dorset, DT11 8HT, Tel/Fax 01258 860361

**Or visit our website at [www.gdsf.co.uk](http://www.gdsf.co.uk).**





## The Punk Poet to perform at Bridport Arts Centre



JOHN Cooper Clarke will be performing on Monday, November 25th at Bridport Arts Centre, and tickets are on sale now!

The man who practically invented the phrases "performance poet" and "punk poet" in the 70/80s is enjoying a major resurgence. Having secured a unique place in pop culture, he is studied on school syllabuses, cited by contemporary artists such as Alex Turner (Arctic Monkeys) as a major influence.

He is more present than ever, his work has been used on The Sopranos, he has appeared recently in the award winning biopic 'Control', and recently

on BBC's 'Have I Got News For You'.

The show will be a hilarious romp through his most famous works, including the classics Evidently Chickentown & Beasley St, a plethora of new poems and side splitting gags alongside genius comic observations.

John's special guest is his old friend and fellow Manchester poet Mike Garry. Book early to avoid disappointment!

Tickets are available from Bridport Arts Centre's box office (01308 424204) or online from [www.bridport-arts.com](http://www.bridport-arts.com) Tickets: £22/ £21 members and concessions.

## Five Artists at the Chapel is a family affair

THE Chapel in the Garden, Bridport, plays host to five artists exhibiting an exciting and original mix of work this weekend and three of them are related. Bradpole artist David Smith will be joined by his son, Thomas, and daughter Hannah.

"It's the first time we have exhibited together since our fridge door in about 1995!" jokes David. Family is not the only connection; all three studied at the well-respected Colchester School of Art before progressing to gain degrees: Hannah in Theatre Design in Nottingham; Thomas in Painting at Falmouth; and David, many years earlier, in Sculpture & Printmaking at Kingston-on-Thames.

David Smith is currently mostly making works on paper and collages, including a project to create a collage every day for a year with eight other artists around the world.

Hannah Smith is a professional, freelance costume maker (currently in Belfast making costumes for the new Dracula film starring Luke Evans and Sarah Gadon). Although she specialises in costume, her background in theatre design means her work is wide ranging – from corsetry to giant snakes and ladders; paper forests to jewellery; lino cuts to custom made appliqué banners.

Thomas Smith is an accomplished painter having exhibited across the country from Truro to Norwich. Working from his studio on the Suffolk coast near Southwold, Thomas' contemporary collages, oil paintings and illustrations feature recurrent themes and the use of mixed media and 'pop art' inspired imagery.

Also exhibiting are Hazel Grimsey, who will be showing her colourful paintings with a South American link, and abstract painter Marian Young whose

work is in private collections in the UK and internationally.

Five Artists at the Chapel in the Garden is part of Bridport Open Studios (venue 14) this coming Bank Holiday weekend 24th-26th August, 10am - 6pm each day.

**HAWKCHURCH VILLAGE FETE**  
Bank Holiday Monday  
**AUGUST 26th**  
2.00pm  
in the playing field

**Lots of fun for all the family:**

Honeycuckle Dog Agility Team • Xtreme Falconry  
Karizma Majorettes • Bridport Ukulele Group  
Children's entertainment from Uncle Bob

Stalls • Games • Side Shows • Craft Market  
Bouncy Castle • Face painting • Coconut Shy  
Small Gendogs • Cotley Hounds • Laurel Farm  
Apocas • West Country Sled Dogs • Much more!

BBQ, Licensed Bar & Refreshments Available

## Thoroughly Modern Millie

HOT on the heels of their hugely successful spring production of Vegas Cabaret, the versatile and talented performers of Bridport Musical Theatre Company are back at Bridport Arts Centre with their production of the sparkling musical Thoroughly Modern Millie. The show will run at the Arts Centre from Tuesday 27th to Saturday, August 31st.

Taking the lead role of Millie is Emma Foulsham, with Tom Matthews as Jimmy Smith. With Dave Swaffield at the helm as director, Brian Hocking as musical director, Becky Mather as choreographer and Lauren Glover as vocal coach this promises to be a musical treat not to be missed.

Taking place in New York City in 1922 'Thoroughly Modern Millie' tells the story of Millie Dillmount who has just moved to the city in search of a new life for herself. It's New York full of jazz and intrigue. Filled with frisky flappers, dashing leading men, and a dragon-lady of a villainess (played by Mo Kennedy) whom audiences will love to hate. 'Thoroughly Modern Millie' is a perfectly constructed evening of

madcap merriment. This is a high spirited musical romp that has all of New York dancing the Charleston. A delectable, delicious evening out – you'll love it!

Tickets are selling fast – don't miss out – book now! See the advert below for more details.



MILLIE | Emma Foulsham



JIMMY | Tom Matthews

## The Shed Photography set to team up with Lyme Folk Weekend

THE Shed Photography is busy planning their next event at the Malthouse, Lyme Regis to combine with the Lyme Folk Weekend over the August Bank holiday.

The show will run from Saturday, August 24th through to September 5th.

The exhibition is a group show of limited edition prints, original artwork, and will also highlight

the work of several photographers and artists in the Shed gallery. They are also hoping to include demonstrations and talks by several of the community on their working practice, techniques and inspiration over the exhibition.

Please take a look at the Lyme Folk Weekend's website ([www.lyme-folk.com](http://www.lyme-folk.com)) to see what a great

weekend it is going to be!

Over the next week The Shed will be releasing details of the photographers and the work to be included in the show. Remember to keep up to date with what they are doing by follow their Blog, Twitter and Facebook, or the News/Events section of the gallery website ([www.theshedgallery.com](http://www.theshedgallery.com)).

BRIDPORT MUSICAL THEATRE COMPANY PRESENTS

**THOROUGHLY MODERN MILLIE**

ORIGINAL STORY & SCREENPLAY BY RICHARD MORRIS

AT BRIDPORT ARTS CENTRE  
**TUES 27TH - SAT 31ST AUG**

TICKETS £10  
UNDER 18'S £8.50

PERFORMANCES  
START AT 7.30 PM

TO INCLUDE  
A SATURDAY  
MATINEE  
(2.30PM)

BOOK ONLINE - [WWW.BRIDPORT-ARTS.COM](http://WWW.BRIDPORT-ARTS.COM) TICKETS AVAILABLE FROM BOX OFFICE TEL - 01308 424204



## View 2 Diary Dates

UNTIL SUNDAY NOVEMBER 3RD

**BEAMINSTER:** 'Pubs & Inns Revisited' Exhibition - the story of your local locals & 'Local Writers & Writings' Exhibition - a celebration of our local literary heritage. Both at Beaminster Museum, Whitcombe Rd, Beaminster DT8 3NB. For further information call 01308 863577, email info@beaminstermuseum.org or visit www.beaminstermuseum.org/ Museum Opening Times: Tuesdays, Thursdays, Saturdays & Bank Holidays: 10.30am - 1.00pm, 2.00pm - 4.30pm, Sundays: 2.00pm - 4.30pm. Admission: Adults £2, Students (16 and over) £1, Accompanied Children (Under 16) Free

UNTIL SATURDAY AUG 24TH

**WYEMOUTH:** Weymouth Art Group Annual Exhibition. Entry is free, buy or browse.

UNTIL WED AUGUST 28TH

**LYME REGIS:** Exhibition: 'Out and About' in the Courtyard Gallery, The Town Mill from 10.30-4.30pm daily. Free admission. For more details visit www.townmillartsguild.com

WEDNESDAY AUGUST 21ST

**LYME REGIS:** Quiz Night in aid of Lyme Regis Christmas Lights at the Nags Head 8.00 p.m. £2per person Max of 6 to a team.

FRIDAY AUGUST 23RD

**LYME REGIS:** Car Boot Sale at Lyme Regis Football Club, Charmouth Road from 6pm. Sellers from 5.30pm. Admission: Sellers £5, buyers 50p.

SATURDAY AUGUST 24TH

**UPLYME:** Ballroom, Latin and some Sequence Dancing from 8pm-10.30pm. At Uplyme Village Hall. £4.50 in aid of Hall funds. For more details call 01297 442439. **BRIDPORT:** Bingo at Bridport Youth Club, Gundry Lane. Doors open 7.30pm - eyes down 8pm. £7.50 all in. Fantastic prizes to be won. Tea, coffee and cake on sale. Or bring your own bottle and we'll supply the glass. In aid of Myasthenia gravis Association. **BRIDPORT:** Cake and Coffee at the Quaker meeting house, South Street from 10am-12noon. Proceeds to 'Tools for Self Reliance' - a charity which repairs tools and items, and sends them to rural communities in Africa enabling people to earn a living by use of the tools.

SUNDAY AUGUST 25TH

**BRIDPORT:** Antiques and Vintage Sunday. Enjoy the atmosphere, browse and shop from 10am, at all the Antique Shops, with extra stalls outside, plus The Red Brick Café in the Art & Vintage Quarter on the St Michael's Trading Estate.

**LYME REGIS:** Seafrost Stall - Marine Parade Shelters - in aid of Lyme Regis Christmas Lights 10.00am - 4.00pm (Cakes, tombola, dolls and lots more!)

SUNDAY AUGUST 25TH &amp; MONDAY AUGUST 26TH

**BEAMINSTER:** Open Garden at 29 Chantry Lane, New Town in aid of RNLI. Open from 11am-4pm. Mr Gibbs has been staging open gardens for more than 50 years, and intends this to be his last. The garden features Wollemi Pine, a water feature, sub-tropical area, Australian zone, orchid house, and rainforest area.

MONDAY AUGUST 26TH

**BRIDPORT:** Over 50s Cycling/Walking Group. Cyclists meet Dodhams Lane /Pymore Corner at 2.30pm for ride to Netherbury return to 9 Nursery Gardens. Walkers meet at junction Fulbrooks Rd./Nth Allington at 2.45 for walk to Allington Hill-Court Orchard Estate -9 Nursery Gardens (1-1 1/2 hrs walk). All Welcome. Ring 420755 for further info.

**BROADWINDSOR:** Broadwindsor Show in the village hall at 2pm. Entrance 50p.

MONDAY AUGUST 26TH - SUNDAY SEPT 1ST

**BEAMINSTER:** Mosterton Art Group 25th Annual Exhibition in the Skyrn Room from 10am-5pm (4pm on the last day). Members' original art work and cards are for sale at realistic prices. Free entry. Disabled access. Parking in adjacent public car park. For further information call 01308 862572.

TUESDAY AUGUST 27TH

**BRIDPORT:** Bridport Summer Yoga, 10.45-12.15pm at St Mary's Church Hall, South Street. A different teacher each week. For more details call 01308 485544.

**WYEMOUTH:** Chamber Philharmonia Cologne perform at St Mary's Church from 7.30pm. Tickets are available at the door one hour prior to the concert from 6.30 pm.

WEDNESDAY AUGUST 28TH

**LYME REGIS:** Lyme Bay Photographic Club pub quiz at the Inn Plaiice at the Pilot Boat Inn. Starts 7.30pm.

**LYME REGIS:** Talk 'Designing a Show Garden' by Hugo Bugg, RHS Young Designer of the year 2010 and GOLD medallist at RHS Tatton Park and RHS Hampton Court Palace Flower Shows. At Woodmead Halls from 7.30pm. Members free, non Members £2. For more details 01297 444034 or visit www.ulrhs.wordpress.com. Organised by Uplyme and Lyme Regis Horticultural Society

**LYME REGIS:** Book and Cake Sale in aid of the Marine Theatre will be held at the The Shelters, Marine Parade from 10am

## Car boot sale

Weymouth Football Club  
(Wessex Way)

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07979 345 914

## Fruit farm



## House &amp; Gardens

The Gardens are open every day throughout the year from 10am. Last admission is at 4.30pm and they close at 6.30pm.

The House is open on Tuesdays, Wednesdays, Thursdays, Fridays, Sundays, and Bank Holiday Mondays, from 12 noon with last entry at 4pm. Tearoom, Plant Centre & Gift Shop The Tearoom, Gift Shop and Plant Centre are open daily. The Shop and Plant Centre are open to all visitors from 10am-5pm, with the Tearoom open to paying visitors from 11am-4.30pm.



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## CINEMA LISTINGS

Friday, Aug 23<sup>rd</sup> - Thursday, Aug 29<sup>th</sup>

ALL LISTINGS ARE SUBJECT TO CHANGE

## WEYMOUTH CINEWORLD

Tel: 0871 200 2000  
www.cineworld.co.ukKick Ass 2<sup>15</sup>Fri-Wed: 11.00, 13.25, 15.50, 18.20, 20.50  
Thu: 18.20, 20.502 Guns<sup>15</sup>

Fri-Tue: 17.45, 20.30, Wed &amp; Thu: 17.45

Percy Jackson: Sea of Monsters<sup>PG</sup>

Daily: 11.45, 14.30

Grown Ups 2<sup>12A</sup>

Daily: 15.45, 18.15, 20.45

Monsters University<sup>U</sup>

Fri-Tue: 12.30, 15.10, 17.15

Wed &amp; Thu: 12.30, 15.10

The Smurfs 2<sup>U</sup>

Fri, Tue, Wed: 12.00, 14.45, 17.30

Sat-Mon, Thu: 12.00, 14.45

Elysium<sup>15</sup>

Daily: 12.45, 15.30, 18.15, 21.00

Planes<sup>U</sup>

Fri-Tue: 10.50, 13.10, 15.30, 17.50

Wed &amp; Thu: 10.50, 13.10, 15.30

Epic<sup>U</sup>

Daily: 10.15, 10.20am

Ice Age 4: Continental Drift<sup>U</sup>

Sat &amp; Sun: 10.00am

The Croods<sup>U</sup>

Sat &amp; Sun: 10.10am

Mortal Instruments: City Of Bones<sup>12A</sup>

Daily: 11.20, 14.20, 17.20, 20.20

We're The Millers<sup>15</sup>

Daily: 12.40, 15.20, 18.00, 20.40

You're Next<sup>18</sup>

Wed &amp; Thu: 18.20, 20.45

Pain and Gain<sup>15</sup>

Sat-Mon: 17.15, 20.15

The Lone Ranger<sup>12A</sup>

Daily: 20.15

The Conjuring<sup>15</sup>

Fri, Tue, Wed: 20.15

Despicable Me 2<sup>U</sup>

Daily: 10.50, 13.15

## LYME REGIS REGENT

Tel: 0871 230 3200  
www.scottcinemas.co.ukPlanes<sup>U</sup> Fri-Sun, Tue-Thu: 14.30, 17.30, Mon: 14.00, 16.25The Wolverine<sup>12A</sup>

Fri-Sun, Tue-Thu: 20.00, Mon: 14.00, 16.25

## DORCHESTER PLAZA

Tel: 01305 262488  
www.plazadorchester.comDespicable Me 2<sup>U</sup>

Daily: 11.30am

Elysium<sup>15</sup>

Daily: 14.15, 17.30, 20.10

Kick Ass 2<sup>15</sup>

Daily: 18.45, 21.00

Monsters University<sup>U</sup>

Daily: 11.00am

Planes<sup>U</sup>

Fri-Wed: 12.00, 14.30, 16.30

Thu: 12.00, 14.30

Mortal Instruments: City Of Bones<sup>12A</sup>

Daily: 13.35, 16.45, 19.45

The Smurfs 2<sup>U</sup>

Daily: 12.20

We're The Millers<sup>15</sup>

Daily: 14.50, 17.40, 20.30

## DORCHESTER ODEON

Tel: 0871 22 44 007  
www.odeon.co.uk

Contact cinema for up-to-date listings

## Social club

BRADPOLE  
SOCIAL CLUBSaturday 14th September  
BINGO

Eyes down 8pm, great prizes to be won

Saturday 28th September  
TINA TURNER  
TRIBUTE

9.30pm start. Over 18s only.

Saturday 12th October  
BINGO

Eyes down 8pm, great prizes to be won

Members and guests welcome



## This Week's releases

MORTAL INSTRUMENTS: CITY OF BONES<sup>12A</sup>

WHEN her mother disappears, Clary Fray learns that she descends from a line of warriors who protect our world from demons. She joins forces with others like her and heads into a dangerous alternate New York called Downworld.

Stars Lily Collins, Jamie Campbell Bower and Gemma West.

ELYSIUM<sup>15</sup>

SET in the year 2154, where the very wealthy live on a man-made space station while the rest of the population resides on a ruined Earth, a man takes on a mission that could bring equality to the polarized worlds.

Stars Matt Damon, Jodie Foster and Sharlto Copley.

WE'RE THE MILLERS<sup>15</sup>

After being robbed of a week's take, small-time pot dealer David is forced by his boss to go to Mexico to pick up a load of marijuana. In order to improve his odds of making it past the border, David asks the broke stripper Rose and two local teenagers to join him and pretend they're on a family holiday.

Stars Jennifer Aniston, Jason Sudeikis and Emma Roberts.



## View 2 Diary Dates

THURSDAY AUGUST 29TH

**BRIDPORT:** Coffee & Chat at Beach & Barnicott upstairs at 2.30pm. Located in Bridport. Organised by 50 Plus Circle of Friends. An easy and comfortable way of meeting and making new friends. Please call Jennifer at 01308 538395 for more info

**THURSDAY AUG 29TH - WEDNESDAY SEPT 18TH LYME REGIS:** Exhibition of paintings: 'Shared Space Different Views' at Courtyard Gallery, The Town Mill from 10am-5pm daily.

SATURDAY AUGUST 31ST

**BOTHENHAMPTON:** Annual Village Show in the village hall. There are classes for flowers, vegetables, fruit, preserves, cakes & pastries, handiwork and photography. Entries are accepted from local residents and their families. There are special classes for children. The Hall is open from 2pm until 3.30pm for the staging of entries. The show is then open from 5pm with the prize giving taking place at 5.30pm. Schedules are available in the Church. Phone 423071 for details.

**BRIDPORT:** Bridport Barnardo's Helpers' Group will be holding a Summer Sale at the Salt House, West Bay, Bridport from 12 noon to 4pm. Items on sale will include New-to-You Clothing, Bric-a-Brac, Books, Games and Puzzles, and Household. Refreshments will be available for sale.

SATURDAY AUG 31ST - WEDNESDAY SEPT 18TH

**LYME REGIS:** 'Essentially Drawing' at the Upstairs Gallery, Town Mill from 10.30am-4.30pm daily. Free admission.

THURSDAY SEPTEMBER 5TH

**BRIDPORT:** Bridport Electronic Organ Club at United Church Hall, East Street from 7.30pm. Andrew Nix, international organ and keyboard virtuoso. Admission £8, members £7, visitors welcome.

**CLAPTON:** Official opening of the Lottery & SSDC funded entrance/foyer improvements at Clapton & Wayford Village Hall. Drinks and nibbles available, all welcome. Please indicate your intention to attend by calling 01460 74849 or 01460 72324.

SATURDAY SEPTEMBER 7TH

**UPLYME:** Ballroom, Latin and some Sequence Dancing from 8pm-10.30pm. At Uplyme Village Hall. £4.50 in aid of Hall funds. For more details call 01297 442439.

**UPLYME:** Royal British Legion Uplyme Branch Table Top Sale at Uplyme Village Hall from 2pm. Tables £5 - to book call 01297 442435. 50p entry, raffle and refreshments available.

**ABBOTSBURY:** Cantamus Choral Concert 'Songs for a summer's evening' at St Nicholas Church (DT3 4JT) from 7.30pm. Tickets £7 on the door. For more details visit www.cantamus-dorset.org

MONDAY SEPTEMBER 9TH

**BEAMINSTER:** Dorset Movila present 'Robot & Frank' (cert 12A) at Beaminster Public Hall. Doors open 7pm, film from 7.30pm. Tickets £5 in advance or £5.50 on the door. To book tickets or for more details call 01308 862796 or email jeanowen@uwclub.net **BRIDPORT:** Keep Fit, new term begins, 10-11am at St John Hall, Rax Lane. Small, friendly group, aimed at the older person, mostly based around chair exercises. For more details call 07970879047 or just turn up.

TUESDAY SEPTEMBER 10TH

**UPLYME:** Coach Trip to Avebury Manor & Gardens (National Trust) as featured in the BBC's 'The Manor Reborn' & Avebury Henge - world famous Stone Circle. Departs Uplyme Village Hall For booking and further details please ring Rob Harvey 01297 631664 or 01297 444034 Organised by Uplyme and Lyme Regis Horticultural Society www.ulrhs.wordpress.com

FRIDAY SEPTEMBER 13TH

**LYME REGIS:** Lyme Bay Photographic Club AGM and Election of Officers. Outing & Ramble competitions. At the Woodmead Halls from 7.30pm.

SATURDAY SEPTEMBER 14TH

**BRIDPORT:** Jumble Sale at Bridport United Church Hall from 10am. Organised by Askerswell. For more details call 01308 485225.

**BROADWINDSOR:** The West Dorset Conservative Association Broadwindsor Branch, Table Top Sale at Comrades Hall, Broadwindsor. Refreshments available. £10 per table - to book a table please ring Mr Rowland Hibbard 01460 30269

WEDNESDAY SEPTEMBER 18TH

**EYPE:** West Dorset Decorative & Fine Arts Society meeting at Highlands End Leisure Centre from 2.30pm. 'The Society that Pokes its Nose into Everything' speaker Mrs Susan Bennett. For more details call 01297 443615.

Email your Diary Dates to  
**rob@pemedi.co.uk**  
Deadline midday Monday.



## BONNY SARTIN RETURNS TO DORSET COUNTY MUSEUM

BONNY Sartin, member of the folk group, the Yetties, and a great favourite with local audiences, returns to Dorset County Museum on 4 September this year.

One of Bonny's ancestors, Edmund Sartin, took his family from Corscombe to New Zealand in 1840. They were on the very first ship to go to the wild and desolate area of Taranaki in North Island.

This is a story of poverty, pestilence, con men, war, and gold fever. Bonny presents it in his characteristic style with plenty of rousing music and song. This is sure to

be a popular event so tickets should be booked in good time. The ticket price of £9 includes a glass of wine or cider and a piece of homemade Dorset apple cake. Tickets available now from the Museum Shop on 01305

756827 or by emailing shop@dorsetcountymuseum.org.

Bonny Sartin's talk takes place on Wednesday, September 4th at 7.30pm. Doors open at 7pm.

## Pub with food

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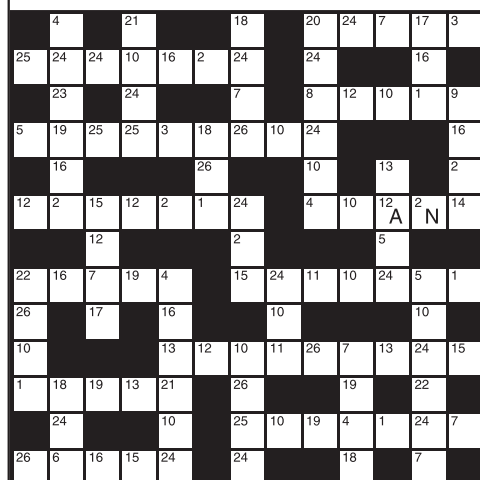
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on **01297 446146**

## Brain Gym

No.235

## Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



LAST WEEK'S SOLUTION:

1	D	C	N	J	S	L	T	A	X	Z	I	O	U
14	G	R	E	P	H	Y	Q	V	W	M	B	K	F

## Double Crossword

Choose either quick or cryptic clues - both fit the same grid.

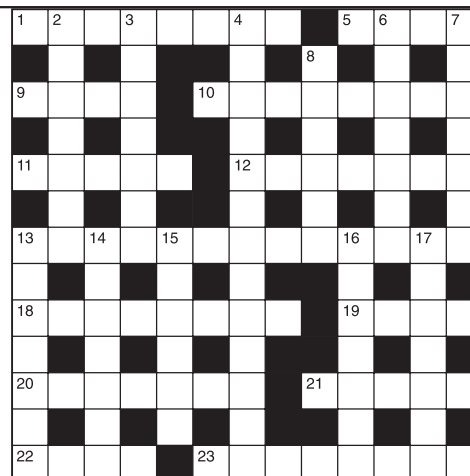
## Cryptic Clues:

## Across

- Way over the mountains, presumably (4-4)
- Part of the Cannibal Islands in Indonesia (4)
- A slight legato effect (4)
- Desert transport for moving houses (8)
- Enumerates the venues for the tournament (5)
- Calling for a taxi - when it is doing this in the winter? (7)
- A source of current attraction (7-6)
- Seen in sackcloth, a riotous libertine (8)
- The bearing of a man sounds parsimonious (4)
- Gasp about complete necklace (7)
- Prohibit nearly everything commonplace (5)
- Takes the fare (4)
- Scarcely incline to one in crafty setting (8)

## Down

- Unfortunate disposition of estate showing malice (3-4)
- Eric gets involved with the non-conformist (7)
- Historically ill-timed (13)
- Nights associated with Scheherazade..... (7)
- .....showing imaginative perception in visual range (7)
- The greatest numbers will provide a guiding principle to the first letter (6)
- Surpass a natural phenomenon (7)
- Incorporated in a different text, but no longer in being (7)
- They provide capital adornments (6)
- Although he's associated with clubs and bars, he's in good physical shape! (7)
- As a pupil I make a raucous noise, one hears (3-4)



## Quick Clues:

## Across

- Crafty trick (8)
- Breeding farm (4)
- Employer (4)
- Incurison (8)
- Purloin (5)
- In the fashion (1,2,4)
- Thoughtfulness (13)
- Charm (8)
- Bird's home (4)
- View (7)
- Flaming (5)
- Ancient Roman garment (4)
- Protected (8)

## Down

- A stew (7)
- Raids (7)
- Regaining health (13)
- N. African port (7)
- Dark cell (7)
- N. American country (6)
- Cigar (7)
- Nil (7)
- Sloping type (6)
- Stress (7)
- See (7)

## Sudoku

	3		4			7		9
			8	5			4	
2		6		7			1	
	5				4	8		
4		3		8		2		7
		8					3	
	7			4				6
		1		9	5			2
9	4			3		8		

Fill in the grid below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

## LAST WEEK'S SOLUTIONS &gt;

9	3	4	5	1	6	7	8	2
1	7	8	2	4	3	9	6	5
5	6	2	8	9	7	1	3	4
7	4	3	6	5	9	8	2	1
8	1	9	7	3	2	5	4	6
6	2	5	1	8	4	3	7	9
4	5	7	9	6	8	2	1	3
3	8	1	4	2	5	6	9	7
2	9	6	3	7	1	4	5	8

LAST WEEK'S CROSSWORD SOLUTIONS:  
CRYPTIC - Across: 1 Lassie; 4 Cloche; 9 Battle honours; 10 Uniform; 11 Ether; 12 Aglow; 14 Using; 18 Horde; 19 Steeple; 21 Water-biscuits; 22 Paying; 23 Aligns. Down: 1 Labour; 2 Sitting pretty; 3 Igloo; 5 Lancets; 6 Caught napping; 7 Ensure; 8 Thumb; 13 Overrun; 15 Show up; 16 Astir; 17 Senses; 20 Excel. QUICK - Across: 1 Remark; 4 Erects; 9 Spring balance; 10 Lotteries; 11 Theme; 12 Again; 14 Adept; 18 Refit; 19 Luggage; 21 Plain-speaking; 22 Esteem; 23 Ledger. Down: 1 Result; 2 Marriage feast; 3 Range; 5 Related; 6 Contemplating; 7 Seeker; 8 Abuse; 13 Intense; 15 Triple; 16 Slope; 17 Beggar; 20 Grade.

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# Fine and spacious detached cottage

**JEREMY** Smith, manager of Symonds & Sampson estate agents in Beaminster is delighted to have been chosen to market a fine and spacious detached cottage which lies in a country land just a few minute from Beaminster town centre.

A particular feature of this property of this property are the good size gardens in which it stands which extend to circa 2 acres. Jeremy commented "it is rare to find a property so close to Beaminster town centre with such land, therefore we advise early viewing to avoid disappointment".

The property itself is arranged over two floors as follows:- Porch, good size sitting room with inglenook fireplace, study, dining room, rear hallway, cloakroom, kitchen / breakfast room, whilst on the first floor is a galleried land-

ing, master bedroom with en-suite shower room, three further bedrooms, family bathroom.

Outside as previously mentioned are good size gardens and paddock and parking for six-eight vehicles which in turn leads to a double garage. There is also an extension to the kitchen to the rear, which is virtually complete but has not actually been put through into the original kitchen.

Symonds & Sampson are quoting an asking price of £650,000 for the freehold and serious offers will be considered.

If you wish to view why not contact Jeremy, Erica, Kate or Jane on 01308 863100 to arrange a viewing.



## Spacious Broadmead House In the desirable village of Broadwindsor

Jeremy Smith, manager of Symonds & Sampson estate agents in Beaminster is currently marketing the particularly spacious Broadmead House which lies in Redland Lane in the always desirable village of Broadwindsor.

Jeremy commented "we have seen a sudden surge of interest in properties in this village due to it not only having a popular public house, but also the recent opening of the fine community store. We advise early viewing of this property which has an asking price of £499,950 represents excellent value for money.

The property itself is arranged over three floors as follows:- Hall, cloakroom, 22' sitting room, dining room, study, large kitchen/breakfast room, utility room. On the first floor is a master bedroom with en-suite shower room and dressing room, three further bedrooms, family bathroom. On the second floor are two further bedrooms and a shower room. Outside are large lawned gardens, extensive parking for eight - ten vehicles and a 33' x 19' double garage.

Jeremy commented "a particular feature of this property is the unique heating system which is made by a company called Genvex who are a well know and respected Scandinavian company, the system comprises of warm air heating with the heat provided by a traditional oil-fired boiler, linked to this is a ventilation and heat recovery system which extracts warm moist air from bathrooms, kitchen etc the warmth from this air is harvested and re introduced back into the house. The dry moist stale air is then vented to the outside, therefore the result being there is no condensation in the house and of course lower energy bills.

If you wish to view why not contact Jeremy, Erica, Kate or Jane on 01308 863100 to arrange a viewing.



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## Four bedroom detached house with far reaching views over Uplyme

Situated on the Barnes Meadow development this four bedroom detached house has far reaching views over the village and through the Lym valley

A most attractive, traditionally built four bedroom detached house sits adjacent to the wooded wildlife corridor which runs through the centre of the development. The individually laid out living accommodation boasts a cloakroom, living room with high ceiling, French doors and double windows looking over the garden and a feature corner fireplace. The kitchen / dining room and the adjoining utility room are well fitted with an attractive range of Beech shaker style units and built in appliances. Upstairs on the first floor the four double bedrooms either face south or across the Lym Valley. The master bedroom has an en-suite shower and built in wardrobe. There is also a family bathroom and shower. The house also benefits from having gas central heating and double glazed windows, integral garage/workshop and gardens extending to the side and rear.

Uplyme offers facilities for everyday requirements, including a Post Office and Stores and Petrol Station with convenience shop. There is a lovely church, village hall,

cricket club, playing fields and tennis court. The market town of Axminster, with its main railway connection to Waterloo (approximately 2 3/4 hours), is about 5 miles to the West and Bridport is some 11 miles to the East. The coastal resort of Lyme Regis, with all the day to day amenities one could require, is about 1 mile away and has recently been designated a World Heritage Site (commonly known as the Jurassic Coast). The renowned Dorset and South Devon Coastal Path can also be joined at Lyme Regis. Taunton and Exeter are within a radius of about 30 miles, with access to the M5 motorway. The county town of Dorchester is a similar distance away. The village is in the catchment area for Colyton Grammar School and the Woodroffe School. A viewing is highly recommended to appreciate all this property has to offer. This property is on the market for £427,000. Please call Fortnam Smith & Banwell Estate Agents on 01297 - 445666 to arrange a viewing.



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**COMING SOON:**  
**LYME REGIS £750 PCM**  
Three bedroom detached woolway bungalow in quiet location within Lyme Regis. Property also benefits from nearby parking space and large garden.

**LYME REGIS - £675 PCM**  
**NEW**  
  
A VERY WELL PRESENTED TOP FLOOR APARTMENT WITH COASTAL VIEWS. THE PROPERTY IS CLOSE TO THE TOWN CENTRE. THE PROPERTY BENEFITS FROM A MASTER BEDROOM EN-SUITE AND A FURTHER BATHROOM. A DEDICATED PARKING SPACE IS ALSO AVAILABLE WITH THIS PROPERTY. EPC RATING: C.

**LYME REGIS - £695 PCM**  
  
A TWO BEDROOM FIRST FLOOR APARTMENT SITUATED CLOSE TO TOWN CENTRE WITH VIEWS TO THE SEA FROM THE LOUNGE. PROPERTY COMPREHENSIVE: LARGE DUAL ASPECT LOUNGE/DINER, FITTED KITCHEN TO INCLUDE ELECTRIC OVEN AND HOB, ONE DOUBLE AND ONE SINGLE BEDROOM, BATHROOM AND SEPARATE WC. ELECTRIC HEATING, GARAGE AND PARKING. EPC RATING: F.

**WESSEX COURT - £675 PCM**  
**LSTR**  
  
TWO BEDROOM GROUND FLOOR PURPOSE BUILT FLAT WITH GARAGE AND PARKING SPACE. PROPERTY CONSISTS OF KITCHEN, GOOD SIZED LOUNGE / DINER WITH PATIO DOOR ONTO JULIET BALCONY, SHOWER ROOM AND TWO BEDROOMS. EPC RATING: D.

**HONITON - £695 PCM**  
**LSTR**  
  
MODERN 3 BED SEMI-DETACHED PROPERTY IN CUL-DE-SAC LOCATION. LOUNGE, KITCHEN/DINER, CLOAKROOM, MASTER EN-SUITE, FAMILY BATHROOM, GARDEN, PARKING. GCH. EPC RATING 75.

**ROUSDON - £800 PCM**  
**LSTR**  
  
A WELL PRESENTED FURNISHED MEWS COTTAGE SET WITHIN A MAGNIFICENT 550 ACRE ESTATE WITH ACCESS TO PRIVATE BEACH. LARGE KITCHEN/DINING ROOM, SITTING ROOM WITH WOOD BURNING STOVE, TWIN BEDROOM, SHOWER ROOM, DOUBLE BEDROOM WITH EN-SUITE BATHROOM, LARGE FURNISHED ATTIC SPACE, PARKING. EPC RATING: E.

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### NR BRIDPORT £595 PCM

A very modern ground floor 2 bedroom apartment in this sought after block in Pymore, spacious lounge, modern kitchen, bathroom and ensuite shower, built in wardrobes, neutral good décor, parking. Call NOW!



### BEAMINSTER £795 PCM

A very modern and spacious detached 3 double bedroom bungalow, updated to the highest of standards throughout with larger than average garden, garage and off street parking, quiet cul-de-sac overlooking fields.



### SALWAY ASH £925 PCM

A spacious thatched 4 bedroom semi detached house in this sought after village close to Bridport with large garden to front and rear, open fireplace, large and modern kitchen / breakfast room, dining room, lounge, shower room and bathroom, o/street parking for 3 cars, Call NOW!!



### BRIDPORT £625 PCM

RE-AVAILABLE! Located in a quiet tucked away location in the heart of the town is this 2 double bedroom, 2 reception room double fronted cottage with garden, d/glazing and gch. Available NOW!

**NEW INSTRUCTION**  
**BRIDPORT £795 PCM**  
A 3 bedroom detached bungalow set on this corner plot location just off Victoria Grove in Bridport, close to the town, lounge, dining room, kitchen, bathroom, gardens, o/st parking for 3 cars, large store room, utility, d/glazed, available immediately.



### BEAMINSTER £500 PCM

A ground floor maisonette with its own front door, very spacious with 2 double bedrooms, modern bathroom, recently fitted kitchen, d/glazing, private garden with shed, available NOW!

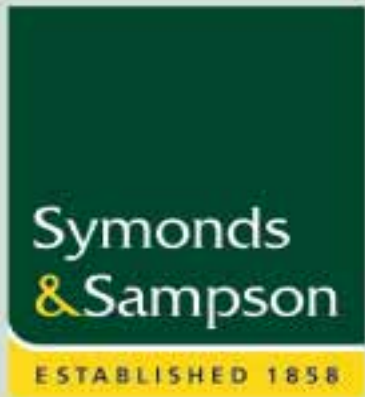
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**Beaminster** **Guide £289,950**  
Beautifully presented end of terrace property. Sitting room, kitchen/breakfast. Galleried landing. Master bedroom with en suite 3 further bedrooms, bathroom. Garden to the rear, garage and parking. EPC Band C.  
Web Ref: BEA120143 Beaminster 01308 863100



**Beaminster** **Guide £249,950**  
Well presented semi-detached house. Sitting room, Kitchen/breakfast room, utility, cloak. Master bedroom with en-suite shower, 3 further bedrooms and bathroom. Private rear garden, garage, 2 parking spaces. EPC Band C.  
Web Ref: BEA130027 Beaminster 01308 863100



**Nr. Broadwindsor** **Guide £375,000**  
Semi-detached house in rural situation with views. 2 reception rooms, kitchen/breakfast room, 3 bedrooms, bathroom. Gardens and paddock extending to 1 acre (0.4ha). Double garage with 2 office to the rear. Extensive parking. EPC Band E.  
Web Ref: BEA130082 Beaminster 01308 863100



**Mosterton** **Guide £325,000**  
Spacious detached property in the heart of the village. 3 reception rooms, kitchen, bedroom en-suite. Three bedrooms and three bathrooms. Garage, extensive parking and gardens. EPC Band D.  
Web Ref: BEA130098 Beaminster 01308 863100



**Beaminster** **Guide £225,000**  
Grade II listed cottage a short distance from the town Square. Sitting room, conservatory, kitchen/breakfast room, bathroom, 2 bedrooms. Private rear gardens. Parking. Views. EPC Band E.  
Web Ref: BEA130113 Beaminster 01308 863100



**Beaminster** **Guide £395,000**  
Grade II listed property with integrated commercial premises. Accommodation over three floors comprising:- three reception rooms, kitchen, four bedrooms, shop, office. Garden. EPC Band F. Commercial EPC TBC.  
Web Ref: BEA130133 Beaminster 01308 863100



**Hooke** **Guide £375,000**  
Delightful brick and flint detached house situated close to the village centre. 2 receptions, kitchen/diner, 3 bedroom, 2 bathrooms. Attractive gardens with views to the front. Garage and parking. EPC Band D.  
Web Ref: BEA 130156 Beaminster 01308 863100



**Hinton St. George** **Guide £450,000**  
One part of this stunning Grade II listed property arranged over three floors and approached over a long gated driveway. Drawing Room, kitchen/breakfast room, 4 bedrooms, 2 bathrooms. Garage, parking space. Country views.  
Web Ref: BEA130162 Beaminster 01308 863100



**Corscombe** **Guide £244,950**  
Charming end of terrace village cottage offering immense character. Sitting room, kitchen, 2 bedrooms, bathroom. Large rear garden. EPC Band F.  
Web Ref: BEA130148 Beaminster 01308 863100



**Beaminster** **Guide £174,950**  
Mid terrace cottage close to the town centre and country walks. Sitting room, kitchen, bathroom. 2 bedrooms. Courtyard gardens. EPC Band E.  
Web Ref: BEA130151 Beaminster 01308 863100

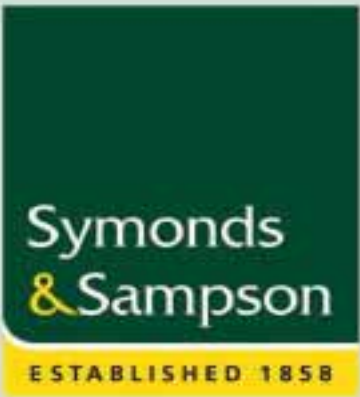


**South Perrott** **Guide £299,950**  
Semi-detached house in small cul-de-sac. 3 reception rooms, kitchen. 4 bedrooms, 2 bathrooms. Pleasant gardens. Country views to the front. EPC Band C.  
Web Ref: BEA130152 Beaminster 01308 863100



**Beaminster** **Guide £44,950**  
First floor apartment in Grade II listed property and part of Hanover Court. Communal Hallway, reception hall, sitting room, kitchen, bedroom, bathroom. Communal gardens and parking. EPC Band E.  
Web Ref: BEA130197 Beaminster 01308 863100





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**Cattistock**

**£1450 pcm**

A period detached house in the heart of the village of Cattistock. The property provides flexible family accommodation including drawing room, sitting room and kitchen/diner, separate utility room, boot room and cloakroom. On the first floor are four bedrooms, the master double with en-suite, two further doubles and a good sized single. Outside there is an enclosed south facing rear garden. There is also parking in the yard to the rear, and for anyone who is keen to work from home, there are two former stables converted to offices with power, heating and CAT 5 facilities. Use of the offices is available for an additional £250pcm. EPC Band F. Available immediately.

**Dorchester 01305 261008**

**Web Ref: DOL060046**



**Axminster £725 pcm**

An immaculate annex set in private grounds with two double bedrooms, two shower rooms, kitchen/diner and lounge. Garden and patio area. Ample off road parking EPC Band D. Available fully furnished for six months from October.

**Web Ref: AXM130233 Axminster 01297 32879**



**Axminster £480 pcm**

A one bedroom ground floor flat only a short walk from the town centre and its amenities. Fully enclosed rear garden. On street parking. Regret no children. EPC Band B. Available immediately.

**Web Ref: ACC060245 Axminster 01297 32879**



**Axminster £680 pcm**

A well presented three bedroom terraced house on a popular development on the outskirts of Axminster. Allocated parking and Enclosed Garden. EPC Band C. Available early September.

**Web Ref: ACC100179 Axminster 01297 32879**



**Hawkchurch £750 pcm**

A well presented three bedroom fully furnished lodge situated in a rural location of the outskirts of Hawkchurch. Available on short term let from end of September to mid March 2014. Pets and children considered.

**Web Ref: ACC100328 Axminster 01297 32879**



**Beaminster £475 pcm**

One bedroom first floor flat with an enclosed and secluded garden, situated in a quiet location close to the town centre. A small pet considered. EPC Band D. Available immediately.

**Web Ref: BRI130187 Bridport 01308 459565**



**Uploders £600 pcm**

A very spacious and well presented two double bedroom (one en-suite) cottage situated in a rural location, yet within easy reach of Bridport. Small garden and off road parking for two cars. EPC Band C. Available late October.

**Web Ref: ACC120331 Bridport 01308 459565**



**Bridport £625 pcm**

Beautifully presented two double bedroom first floor apartment with garden and off road parking, situated within walking distance of the town centre. EPC Band E. Available immediately.

**Web Ref: BRI130103 Bridport 01308 459565**



**Beaminster £795 pcm**

Charming and deceptively spacious four bedroom end of terrace character cottage with pretty walled garden situated in the heart of Beaminster. EPC Band C. Available immediately.

**Web ref: BRI130140 Bridport 01308 459565**



**Buckland Newton £450 pcm**

A one bedroom annexe with open plan living, located on a working farm in a sought after village location. Oil fired central heating. Regret no children or pets. EPC Band C. Available immediately.

**Web ref: ACC110242 Dorchester 01305 261008**



**Poundbury £895 pcm**

A well presented two bedroom apartment in the heart of the Poundbury development. Two allocated parking spaces. Entry phone system. Electric under-floor heating. EPC Band C. Available mid February.

**Web Ref: DOR130168 Dorchester 01305 261008**



**Dewlish £995 pcm**

A traditional style three bedroom semi detached cottage surrounded by unspoilt open countryside. Driveway parking and garage. Large garden. Night storage heaters and woodburner. EPC Band D. Available shortly by negotiation.

**Web Ref: ACC120112 Dorchester 01305 261008**



**Ringstead £995 pcm**

Situated in a highly sought after quiet coastal location is this unique three bedroom character cottage offering furnished accommodation, spectacular sea views and a beautiful garden. EPC Band E. Available from September to March.

**Web Ref: DOR120304 Dorchester 01305 261008**



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teamfsb@btconnect.com  
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## VENLAKE - £215,000



Valley Cottage is an attractive two bedroom terraced property only a short walk from the popular East Devon village of Uplyme. It has an open plan living area with kitchen/lounge opening to the dining room but retaining it's cosy cottage feel. On the first floor are two bedrooms a family bathroom and outside terraced gardens to the rear with a patio area pergola and summer house. EPC band F.

## LYME REGIS - £525,000



A detached house built approximately 15 years ago presented in excellent order. The accommodation briefly comprises; entrance hall, downstairs WC, lounge, study, kitchen and utility room and conservatory. On the first floor a master bedroom with en-suite, two further bedrooms and bathroom. The property benefits from gas fired central heating and uPVC double glazing throughout. To the rear of the property set in the gardens is a Norwegian pine lodge offering extra accommodation with a living area, kitchen area and shower room. A further workshop and shed. Garage and ample parking. EPC band D

## HAWKCHURCH - £165,000



A most characterful apartment located in a quiet rural setting updated by the current owner to provide a bright functional yet quirky cottage. The accommodation has large lounge, kitchen/breakfast room, bedroom with en suite and dressing room, garden and parking. This is an ideal holiday home or retreat that is ready to move into and enjoy. EPC band G

## LYME REGIS - £127,500



Cloverdale Court is a development of 43 purpose built apartments for the over 55's, the complex has an entry phone security and 24 hour emergency help-call system which gives additional peace of mind if required. This purpose built two bedroom ground floor flat has sea views and is conveniently located close to town. EPC Band B

## RAYMONDS HILL - £445,000



Set in attractive landscaped gardens Farthings is a detached three/four bedroom property offering flexible accommodation. The accommodation briefly comprises; entrance hall, lounge, dining room, kitchen, utility, cloakroom and study/bedroom four. To the first floor, master bedroom with ensuite shower room, double bedroom with dressing room, further double bedroom and family bathroom. To the outside of the property gardens to the front and rear, garage and driveway providing parking. EPC band D

## LYME REGIS - £169,950



A purpose built two bedroom ground floor flat with communal entrance hall, lounge, kitchen, two bedrooms, bathroom, garage and parking. Communal gardens. Gas central heating. Double glazed windows. EPC band C

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## ROUSDON - £19,950



Located on the popular Pinewood holiday complex in Rousdon this Atlas Status Super was built in 2003 with galvanised chassis and a host of other features is in excellent condition throughout. The accommodation briefly comprises: Two bedrooms, lounge/diner, kitchen, bathroom, separate WC, decked area side gardens, parking and a handy storage shed.

## LYME REGIS - £198,000



This very well appointed two bedroom chalet, is situated at the eastern end of the Ware Cliffs with spectacular views overlooking Monmouth Beach, the Bowling Green and the Cobb. An ideal opportunity to use as a holiday home or letting. It briefly comprises an open plan lounge/kitchen/diner, with mezzanine floor, 2 bedrooms and shower room. A timber decked balcony is accessed through the tri fold doors in the lounge and bedroom two or via a path from the parking space at the rear.



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## CHARMOUTH OIEO £399,950



Quirky Five Bed Detached Period Property in the village centre.  
Two Receptions +Conservatory. Private Parking.

## CHARMOUTH £355,000



Very Appealing Mid Terrace Victorian Grade II Listed  
Three Double Bedroom/Two Receptions. Full of character and immense  
charm. Cottage garden overlooking fields.

## CHARMOUTH £625,000



Substantial Period Four Bedroom Detached House with large landscaped  
gardens. In exceptionally good order throughout. Annexe and Outbuilding  
Studio. Double Garage.

## CHARMOUTH £550,000



Detached Four Bedroom (Two en suite) Split Level Bungalow in an elevated  
spot overlooking the sea. South facing Balcony & Garden. Quiet cul de sac.

## CHARMOUTH £135,000



One bedroom Holiday Home Flat at Fernhill Heights. Private parking and  
separate access. Jacuzzi Bathroom, Open plan Kitchen /Living Room,  
Double Bedroom. Use of Swimming Pool and Grounds.

## AXMINSTER £189,000



Modern Three Bedroom corner-built semi detached house in popular Swains Close  
cul de sac. Light double aspect through-lounge. Garage and garden. NO CHAIN

## CHARMOUTH £174,950



A good opportunity to buy a 50% share (with Magna Housing Assoc.) Modern semi  
detached family home with 3 beds and a good sized conservatory. Benefitting with a  
larger than average corner plot and country/coastal views. Private parking. No Chain

## CHARMOUTH £159,950



Another great 3 bed mid terrace family home for 50% sale in assoc. with Magna  
Housing. Modern decor and recently refurbished kitchen & bathroom. Garden with  
country/coastal views. Allocated parking.



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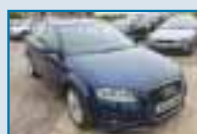
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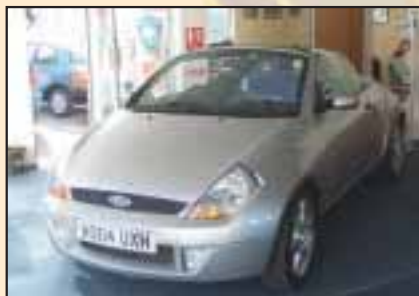
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The ladies managed to secure two points at home to Bridport. A couple of big wins are now required to stop the slide.

The Lyme side will be in action again against Wellworthy, in the West Dorset Division One league, having been rested for what seems an eternity.

They must post some good wins in the run-in to the end of the season if they want to regain their slot in the Championship for next year. Bridport stand in their way with a 13-point advantage but, Lyme do have two games in hand.

In the friendlies Lyme came out comfortable winners against a mens touring side from Warwickshire.

Sunday saw the annual Ladies Open Invitation Triples take place, this being the last year that organiser Pat Cole will be running the event.

Next year the reins will be taken up by current ladies' captain Ann Allman. The eventual winners were Blandford who were comfortable in their defeat of Greenhill.

Prizes were presented to the winners and runners-up, the event being kindly sponsored by Wakeleys.

Nola Stephens held her 'County President's Day' on Saturday - a time for her to invite family, friends and fellow bowlers to help her celebrate her current year as President.

Despite the dreadful weather, the gathering enjoyed bingo and a quiz, not to mention a sumptuous spread prepared by Sue Wood and her hard

working 'kitchen hands'.

#### WEST DORSET MEN DIV 2. LYME 'A' 49 LYME 'B' 60.

M Knight, G Clode, R Legg, M Thorner 17; J Owen, B Smith, R Winterborne, N Solomon 19. D Perry, D Pomeroy, B Parsons, A Preece 19; T Payne, A Nabarro, B Wright, R Cridge 25. R McLennan, P Stephens, J Moseley, J Beadsley 13; J Hare, B Downes, R Hobbs, A Weech 16.

#### DORSET LADIES DIV 1.

##### LYME 51 BRIDPORT 68.

J Moffitt, S Rowe, M Gillett, K Clissold 17-23; J Parsons, D Courtenay-Smith, L Broom, N Stephens 13-26; H Dowling, M Bartlett, P Weech, C Barber 21-19.

#### FRIENDLY:

##### LYME 125 WARWICKSHIRE VICE PRES 99.

A Foster, M Heneghan, A Weech, C Barber 19-15; B Smith, P Stephens, T Allman, K Hickman 35-5; C Clissold, G Clode, R Legg, A Preece 24-10; B Downes, G Cozens, B Parsons, R Edwards 14-26; K Faragher, T Payne, D Wood, D Meylan 16-21; A Nabarro, N Solomon, J Moseley, P Moffitt 17-22.

#### BRIDPORT BC with Alan Brown

BRIDPORT ladies had a successful afternoon at Lyme Regis in County League Division One winning 68-51 overall and carrying the day on two rinks.

Pamela Daters, Barbara Iversen, Sheila Jones and Melody Watts were in front all the way and triumphed 26-13 while Delphine Street, Laura Taylor, Pat Cornick and Margaret Clapp turned things around after 12 ends winning eight of the last nine ends to finish 23-17.

In Division Two Bridport went down 41-67 at Gillingham but Mary Marsh, Chris Robbins, Pauline Newitt and Janet Tattershall took two points with a 21-15 success.

Bridport's men's A team are fast losing ground in South Dorset League Division One their latest reverse coming against Wellworthy A losing 50-66.

The one bright spark was provided by Roy Lidington, Ben Jones, Brian Iversen and Bill Payne who won 25-11.

Bridport C wrapped up their season with a 55-43 win, ahead on all three rinks and taking ten points over Greenhill B - how different things could have been if they had found this form earlier.

Four rinks went to Merriott for a mixed friendly and came away beaten by 94-51 although two rinks finished ahead, the best being Dennis Minas, Brian Pratt, Billy Street and Marion Carter who won 20-18.

#### BRIDPORT INDOOR BC

with Brian Baker

BARRY Mapson, Millie Meech and Edna Cumberland's Team A won the top of the table clash in the Morning League against Team G 13-10 and are now just two points behind the leaders.

Brian Cattell, Bernard Waterman and Tony Harrison's Team F kept up their challenge with a 18-6 win over Team B.

Sub Arthur Stone, Ann Parkins and Mary Hansford's Team J finished 2,5,2 to beat Team C 13-9.

Mike Fletcher, Pete Cowburn and Bernard Winton's Team D had a 1,1,3,1,2,2 burst to beat Team H 16-4.

Ann Harris, Roy Gill and Brian Baker's Team D regained top spot in the Evening League with a 16-9 win over Team F.

David Cook, Phil Tattershall and Brian Morgan's last placed Team B are this year's Jekyll and Hyde side, one week big winners the next big losers. Against Team H they started with a 7,3,2,1 count to go 13-0 ahead, were then pegged back to 13-8, finally winning 20-13.

David Drake, Barry Mapson and Brian Legg's Team G consolidated third spot, 19-13 up over Team C.

Darren Simpson, Pat Geary and Andy Marsh's Team J had a 2,1,7 run to beat Team A 18-6. Sue Caen, Kevin Moys and Mike Fletcher's Team L won a last end shoot out 15-10.



■ TIED IN NOTTS: The Lyme Regis four of John Eaton, Peter Eagles, Paul Moffitt and Paul Pomeroy who were beaten by Nottinghamshire in the first round of the National finals at Worthing.

## Lyme ladies through to cup final

#### Lyme Regis Golf

WITH RICHARD JACKMAN

THE men played their August Stableford on 12th August and king of Division One was Rob Winterbourne with 41 points from young Stuart Wight (40 points) with Roger Seed 3rd with 39.

Division Two was close as Lee Caddy piped Peter Locke on count back, both with 39 points with Richard Hodges 37 securing 3rd.

The following day the seniors played a stableford including the Septuagenarians Trophy where Richard Hodgson won with 42 points from John Toates with 40.

These scores won their respective

division, John pushing Malcolm Hinxman (39) and Tony Johnstone (37) into 2nd and 3rd in Division One and Tim Sansom (39) and Tony Slater (37) in Division Two.

Although the ladies did not play on Thursday congratulations go out to the Ladies Humphrey Bowl team who have progressed to the final after beating Yeovil in the semi-final at Broadstone.

The juniors had a busy couple of days with their medal on Friday won by Matt Watson, net 66, 2nd and 3rd respectively David Lyon, and Lewis Gibbons both with net 67.

The following day was the Junior order of merit, and despite being cut, Matt Watson's incredible net 64 was

a clear winner from Stuart Wight net 70 and Lewis Cottam net 71.

#### Good scoring in stableford

Last Sunday's Regatta stableford obviously had a following wind as Peter Bevis' 45 points and junior Lewis Gibbons' 46 points sailed away with Division's One and Two respectively leaving in their wake Mervyn Knight (41 points) and Shane Stone (38 points) in Division One and Bradley Searle (42 points) and Dennis McCallum (39 points in Division Two).

Congratulations to Ted Scott who, after qualifying through Captain's Day, won the Dorset element of the County Golfer Challenge at Honiton and has now won a trip to northern Spain.

## New posts at Brewery Ground

□ MISSION ACCOMPLISHED: Bridport Rugby Club club committee members, from left: Clive Greening, Stuart King, John Patten, Peter Brook and John McHugh installed the new goalposts at the Brewery Ground last week.

These are not just ordinary posts but RFU Lead-Up and Legacy posts.

Bridport RFC has been chosen as a recipient of these new posts by the Rugby Football Union as part of the lead up to the rugby world cup to be hosted here in the UK in 2015.

Bridport is one of 500 clubs to be chosen to be included in this programme which aims to advance club rugby participation throughout England.

The club is noted for its community sporting participation with mini and junior sides for boys and girls while also running two senior sides.



## The Kamikaze 'Banzai Charge' - the south coast's ultimate one-day endurance event

ON Sunday, September 8th, the valleys around Mapperton Farm, Beaminster, will echo with the collective 'Banzai' roar of 500 hundred adventure runners taking part in the Kamikaze Banzai Charge.

The event offers an eight mile cross-country course, complete with challenging obstacles engineered to test fitness, nerve and determination of all those who don the Kamikaze headband.

Now in its sixth year and renowned as the one of the toughest, and yet the most fun one-day endurance events in the UK, Kamikaze competitors throw themselves down Banzai slides, across rope swings, into bogs, and rivers and over obstacles.

All those successfully negotiating the 'Valley of Doom', the balance beam wet sponge throw, The Rope Tangle, and the 8ft 'Tour of Grease' among other obstacles and completing the course, will receive finishers medals.

Event organiser, Ben Mason from Votwo said: "This year we have been busy creating an



even more energy-sapping course.

Previous competitors have described the Kamikaze as 'physically demanding but totally awesome at the same time' and some said 'the most fun they had EVER had during a running event.'

"The spurs and valleys of

Mapperton Farm present Kamikaze runners incredible gradient challenges as well as phenomenal scenery to enjoy.

Facilities include free on site car parking, hot food and drinks, music and race commentary.

All competitors receive a Kamikaze headband to wear

bearing their race number. Teams and individuals are welcome.

To register for the event or to find out further information on the Kamikaze Banzai Charge or any other Votwo event visit [www.votwoevents.co.uk](http://www.votwoevents.co.uk).

Location: Mapperton Farm, Beaminster, Dorset, DT8 3NS



## Lyme Regis Gig Club Regatta

## Lyme Regis Gig Regatta goes from strength to strength

LYME Regis Gig Club staged their third Rowing Regatta on Saturday, August 10th as part of Regatta and Carnival week.

Fourteen Gig Clubs from around the South West came to the Cobb to compete against Lyme on their home waters and take part in the straight line races off The Cobb and out parallel to Monmouth Beach.

The day was sunny but the wind and sea blew up unexpectedly as the day

progressed and this, with a falling tide, made it a tough row out into the wind and a fast surfing leg back to the Cobb.

Crew changes took place on the pontoon and beach in the pool behind the aquarium. Meanwhile, spectators enjoyed a fine view from the harbour wall.

The Lyme Regatta racing started with Under 14 and Under 16 teams racing for The HMS Conway, Calcutta Cup which was won by Lyme Regis.

The cup was presented to the Lyme Regis Under 16 captain Josh Fletcher, by The Mayor, Cllr Sally Holman.

The Club's Under 14s won their class and received vouchers from Rinky Tinks.

Competing Clubs included: Cattewater, Weymouth, Portland, Ilfracombe, Teign, Torridge, Swanage, Sidmouth, Bridport, Langston, Brixham, Clevedon, Bristol, Appledore and Lyme Regis.

The Men's and Ladies Heats were raced over a 1.2km race with the fastest eight teams qualifying for the final.

The Men's Final included Weymouth A, Ilfracombe A, Cattewater A, Swanage A, Teign A, Lyme A, Ilfracombe B with the event won by Weymouth.

The Ladies Final included Weymouth A, Ilfracombe A, Swanage A, Swanage B, Teign A, Bridport A, Bristol C, Lyme A and the race was won by Weymouth. The Veterans (over 41 years of age)

paces followed with 17 gigs competing and the Men's race was won by Cattewater and the Ladies Race won by Ilfracombe.

Lyme Regis Gig Club provided drinks and food throughout the day, and Marcus Dixon, Chair of Lyme Regis Gig Club, said that everyone really enjoyed the day's gig racing.

He said: "It was a great example of how we can put on a wonderful event with everyone working well together, and thanks particularly to the Lyme Regis Harbourmaster for his contribution in making the event a success. We are very pleased to be part of the fantastic Lyme Regis Regatta and Carnival."

The club is grateful for the support of its sponsors: The Harbour Inn, The Talbot Arms, By The Bay, Newlands Holiday Park, Travis Perkins (Bridport), Otter Brewery, Denhay Farm, Cains Farm, Fowlers, (Bridport), Rowsell Roofing.



■ PORTLAND, Weymouth and Appledore battle it out. Insets: Josh Fletcher (Lyme Regis U16s captain) receives the Conway Association Calcutta Cup from Mayor Cllr Sally Holman and The Lyme Regis U14 team of; Lauren Boggan, Maeve Hankin, Tilly Lloyd, Lorcan Hankin, Jamie Murray and Charlie Simpson.



■ CROWDS flocked to the Cobb high wall for a perfect view of the racing.

## Football - the early season Dorset Premier League results

BRIDPORT Reserves manager Robin Townsend was positively beaming with pride after seeing his charges come behind three times to beat Hamworthy Rec at St Mary's on Saturday WRITES HOWARD LARCOMBE.

A disputed penalty saw the visitors grab an early lead only for Ben Clarke to level with an effort that found the top corner following good work from Robin Jones.

But Rec regained the lead when a long punt downfield deceived Billy Fleet in the Bridport goal and bounced over him to allow the simplest of tap-ins.

Back came the battling Bees again. Five minutes before the break when Ashley Clarke powered home a header that fizzed into the top corner for an early contender for goal-of-the-season.

However, the first-half scoring wasn't complete yet and the visitors took the lead for a third time when the home defenders were slow to react after the ball came back off the woodwork and was slotted home.

The second-half saw Bridport take complete control. Jones rifled home a 20-yarder in the bottom corner in the 72nd minute and new signing Ashley Staines netted the winner 14 minutes

from time after Ben Clarke had unselfishly squared the ball after bursting through for a one-on-one opportunity.

## Dorset Premier League Results

SATURDAY, AUGUST 17TH: Bridport Res 4 Ham Res 3, Holt Utd 0 Portland Utd 5, Mere 3 Wareham Rangers 0, Poole Boro 1 Blandford Utd 0, Swanage & H 2 Sherborne Res 2, Tintinhull 2 Parley

Sports 2, Weymouth Res 2 Merley Cobham 2.

MONDAY, AUGUST 19TH  
Tintinhull 1 Sherborne Town Res 0.

## Fixtures

LAST NIGHT (TUESDAY): Bridport Res v Weymouth Res, Ham Rec v Poole Borough.

TONIGHT: Cranborne v Blandford Utd, Mere v Shaftesbury Utd, Merley Cob-

ham v HamUtd Res, Swanage & H v Holts Utd.

TOMORROW: Parley Sports v Wareham Rangers.

SATURDAY, AUGUST 24TH: Bridport Res v Swanage & H, Hamworthy Utd Res v Sherborne Res, Holt Utd v Cranborne, Mere Town v Parley Sports, Merley Cobham v Blandford Utd, Poole Boro v Portland Utd, Shaftesbury v Ham Rec, Tintinhull v Wareham Rangers.

ONE of the most feared defenders in modern-day football will be the guest speaker at a sporting dinner being organised by Lyme Regis Football Club.

Former West Ham United and Liverpool full-back Julian Dicks will be appearing at the function to be held at the Woodmead Halls on Friday, September 6th.

Dicks was nicknamed "The Terminator" because of his ferocious tackling and competitive nature during a 14-year professional career cut short by injury.

Born in Bristol, Dicks started his football career with Birmingham City for whom he made 89 appearances between 1985 and 1988.

He was transferred to West Ham United for a fee of £300,000 in 1988 and went on to play 159 games for the Hammers and scored 29 goals, captaining the side at the age of 23, before Graeme Souness took him to Liverpool in 1993.

The move to Anfield was not a successful one for Dicks (although he was the last player to score in front of the standing kop end) and he returned to Upton Park a year later, staying at the club until 1999, having made a further 103 appearance and scoring another 21 goals, many of them penalties.

Dicks played for England Under 21s and the England B team but never got a full international cap.

After retiring from first class football Dicks tried his hand at managing with Wivenhoe Town and Grays Athletic and also became a professional golfer but had to give this up because of a knee injury.

Dicks is now a respected and much-in-demand coach and will be taking a session for the Lyme Regis Youth section players on the Anning Road playing field on the morning of Saturday, September 7th for a fee of £5 per player, which will include a signed certificate and a trophy for the most promising youngster.

At the sporting dinner, Dicks will be interviewed by Tony MacDonald, editor of the West Ham United retro magazine EX, to be followed by a question and answer session. There will also be an auction of football memorabilia.

Tickets at £15 each include a two-course buffet supper and are available from the View from Lyme Regis office on 01297 446155.

All proceeds from the function will go to Lyme Regis Football Club.

The club is also looking forward to playing host to the Arsenal celebrity X1 who will be visiting Lyme Regis on Sunday, August 24th 2014.

**THE TERMINATOR IS COMING!**

ONE OF THE MOST FEARED DEFENDERS IN FOOTBALL - THE FORMER WEST HAM UNITED AND LIVERPOOL PLAYER **JULIAN DICKS** WILL BE THE GUEST SPEAKER AT A SPORTING DINNER ORGANISED BY **LYME REGIS FOOTBALL CLUB**

to be held at the Woodmead Halls on Friday, September 6th, 7.30pm for 8pm.

**TICKETS £15** to include two-course buffet supper

FOR TICKETS, CALL 01297 446155

**++PLUS++**

Special coaching for young players aged 8 to 15 on the Anning Road playing field on Saturday, September 7th 10 am to 12 noon by Julian Dicks.

Fee: £5 to include signed certificate by Julian Dicks plus trophy for most promising youngster.

**LYME REGIS AFC**  
The Seaside 1995

ALL PROCEEDS IN AID OF LYME REGIS FOOTBALL CLUB

## Bridport skittles

CUP Fixtures for week beginning Monday, August 26th.

HERB STUDLEY  
NOMINATION CUP  
(1st Round - 1 bye)  
Tuesday, August 27th  
Rejects v Mean Machine.

Wednesday, August 28th  
Aussies Lot v The Dingles,  
L.H.S. v Shipfaced.

Thursday, August 29th  
Bangers v Lively Lads, Nelson Nobblers v Country-

men, 7" Clock v Rockets, Rough Eight v Broadoak, Slingers v Robs Rebels.

Friday, August 30th  
Miss the Ball v Survivors, Wanderers v Dingbats, Castouts v Smithys Boys.

LADIES PALMER  
NOMINATION CUP  
(1st Round)  
Tuesday, August 27th  
Alleycats v Pinbashers, Brandy Snaps v Yo Yo's.

## Lyme Regis Darts

LYME Regis Darts League are holding their annual general meeting and 2013-14 season team registration evening at The Nags Head, Lyme Regis on Thursday, September 5th at 8.30pm.

All teams must be represented and League fees of £40 are to be paid.

The league matches are played on Thursday evenings with a format of; four pairs, four singles and a beer leg

For a full list of rules of the Lyme Regis Darts League go to the league web site [www.lymeregisdarts.leaguerepublic.com](http://www.lymeregisdarts.leaguerepublic.com) or speak to any Lyme Regis Darts League Committee Member.

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## INSIDE: Comprehensive local sport round-up

### Financial windfall as Bridport march on in FA cup



**Hengrove Athletic 0 Bridport 2**  
**FA CUP PRELIMINARY ROUND**  
Saturday, August 17th - att: 50

BRIPORT bounced back after the disappointment of losing their opening two Toolstation premier division fixtures by progressing in the FA cup writes *Howard Larcombe*.

Bridport made progress on the long road to Wembley stadium with a 2-0 win in an extra preliminary round tie at Bristol-based Hengrove Athletic on Saturday.

Both goals owed much to the technique of Dan Wise as the Bees took advantage at the interval with a 2-0 lead.

Wise curled in a corner which Tom Richardson headed home for the opener midway through the half and then crossed for Ryan Dovell to lift the ball

over the home 'keeper for number two.

Bripot's reward was a winner's cheque for £1500 and a home tie in the preliminary round when Merthyr Town are the visitors.

There was however a dark cloud hanging over the result with Dovell, who also struck a post, forced off in the 69th minute with a groin injury that it is feared may lead to a long period on the sidelines.

Next up for the Bees is a trip to Bitton on Saturday followed by next Tuesday's visit to St Mary's by Buckland Athletic (7.45pm kick-off).

Bees line-up: S.Filkins, Morley (J.Filkins), M.Buckler, Evans, Watts, Hayter, Legg, Wise, Richardson (Senior), Dovell (Condliffe), C.Clarke.



**POWERING THROUGH:** Bridport Reserves striker Ben Clarke in action in Saturday's 4-3 win over Hamworthy Recreation at St Mary's.  
*Photo by ROB QUINCEY SpoperPix/facebook*





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